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SERIES

goodFOOD

HEALTHY

Fresh & fast

144 healthy recipes

Hiya-yakko (cool tofu scramble bento), p30

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- ★ Baked vanilla cheesecake
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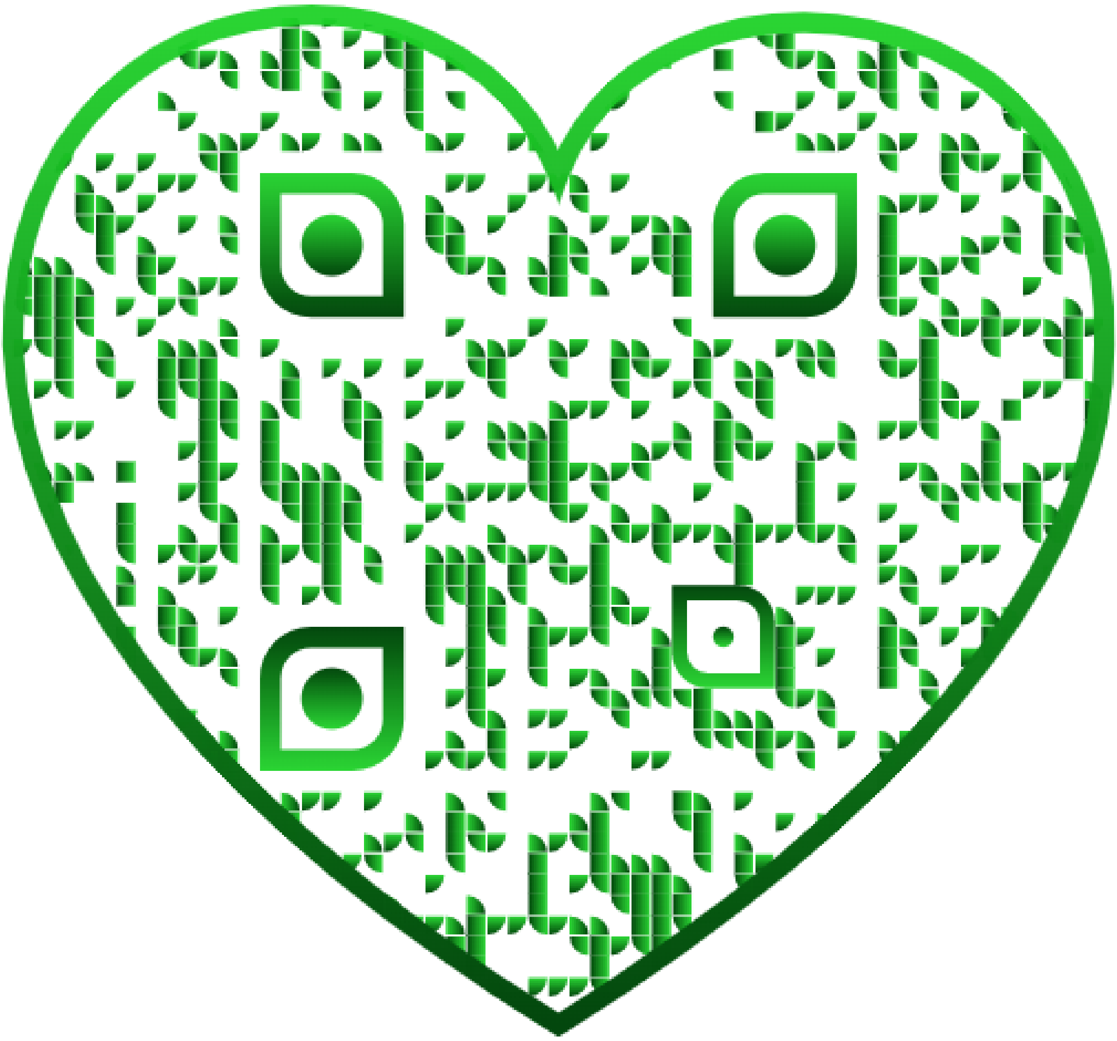

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Good Food
VEGAN
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Ratatouille pasta salad with rocket
SERVING SIZES
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FIBg
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177
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1x
2 servings (whole recipe)
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8.5
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4.8 rating - iOS App Store. Correct at time of print

Welcome

...to our latest healthy collection. Inside, you'll find tons of brilliant recipe features and advice to help kick-start your healthy journey. As well as lots of quick and easy midweek meals, there are gluten-free sweet treats (p128), comforting pasta winners (p68), and global inspiration from Vietnam (p73) and Japan (p30). And check out our 15-page flexible diet plan which gives you meal plans, tips and nutrition-packed recipes to get you started (p109). Here's to happy, healthy cooking in 2025!

Janine

Janine Ratcliffe,
Deputy magazines editor

Find more seasonal, lighter ideas at
goodfood.com/recipes/healthy-winter-recipes

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Ginger shots

Start the day with a punchy, refreshing ginger drink. Save money by making your own using fresh ginger, apple and lemon juice.

SERVES 6 **PREP** 15 mins
NO COOK EASY V

60g ginger, skin left on
400ml fresh apple juice
½ lemon, juiced

1 Chop the ginger into small chunks. Tip into a blender with the apple and lemon juice and blitz for a few minutes until very smooth.

2 Set a very fine sieve over a jug, or line a regular sieve with a piece of muslin or a clean, thin tea towel. Tip the juice into the sieve and leave to drain, then press the remaining pulp with the back of a ladle until dry. If you're using a cloth, twist it to squeeze all the juice out. Drink straightaway or decant into a bottle. *Will keep chilled for up to four days.* Shake well before serving.

GOOD TO KNOW vegan • gluten free
PER SERVING 30 kcals • fat 1g • saturates none • carbs 7g • sugars 6g • fibre 2g • protein 3g • salt none

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The majority of these recipes have previously appeared in Good Food, and were tested and nutritionally analysed by a team of experts.

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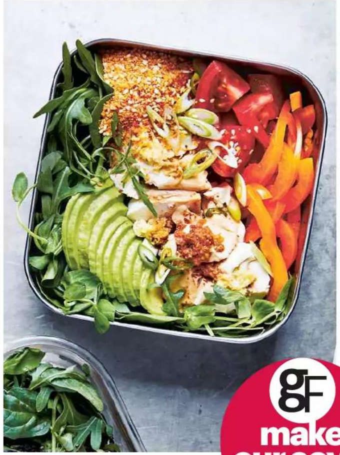
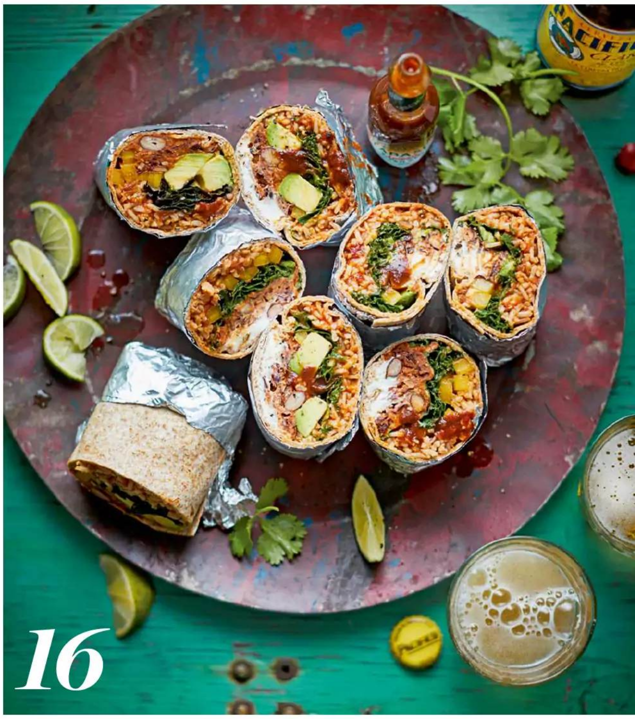


gF make our cover recipe

Hiya-yakko (cool tofu scramble bento), p30

photograph
SARA KIYO POPOWA
Recipe extracted from *Bento Lunchbox* by Sara Kiyo Popowa (£20, Kyle Books).



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SMART CHOICES

Clever ways to lift your mood this winter

15 mins...

... is the amount of time you need to set aside before bed to work through any concerns about the following day. Using this 'worry time' to note down issues and figure out how you're going to approach the day ahead can stop feelings of anxiety affecting your sleep.

5 foods to help beat stress

A sprinkling of seeds on your breakfast, or eating more fish, can help to boost your mood.

Pumpkin seeds are high in magnesium, which can help your mind and muscles relax.

Sesame seeds are also a good source of magnesium – deficiency in magnesium has been linked with increased susceptibility to stress, so it's important to eat foods rich in this mineral.

Breakfast cereals are often fortified with B vitamins, which research has shown can help improve mood in those at risk of stress.

Salmon, and other sources of omega-3 fatty acids, have been found to help reduce the symptoms of burnout.

Wholegrains can reduce blood sugar spikes, which tend to increase feelings of anxiety, so opt for wholewheat bread and pasta over 'white' versions, and oatcakes or popped corn as snacks.

4 more ways to banish the winter blues

1 Regular exercise is known to boost your mood. Any activity is better than none, but it's best to find something you enjoy so it's easier to be active more often.

2 Reduced daylight in winter can cause a reduction in serotonin, which is believed to be a major cause of Seasonal Affective Disorder. Get out in the daytime as much as possible – this will have the additional benefit of regulating your natural body clock to help you get up in the morning.

3 To get even more exposure to daylight, keep your curtains open (remove any nets), and rearrange your furniture so you're able to sit by the window as much as possible.

4 An amino acid called tryptophan is needed for the body to make more serotonin. It's found in poultry, eggs, milk, cheese, nuts, seeds and fish. Dietary sources are the best way to increase your levels of tryptophan, although you could also try supplements.

Photographs GETTY IMAGES

Foods for calm

Keeping your blood sugar levels stable will reduce feelings of irritability – here's what to eat.

Green leafy vegetables are packed with magnesium, which helps regulate blood sugar levels and improves sleep.

Porridge for breakfast is a better choice than high-sugar cereals or pastries, as it won't give the same sugar spike and subsequent dip.

Coffee is fine if you're used to it. But irregular intakes of caffeine increase the release of the stress hormone cortisol, so opt for decaf if you're not a daily drinker.

Beans and lentils are low-GI foods, meaning they release energy slowly to keep your blood sugar levels more stable.

Snacks, especially low-GI wholegrains or nuts, can help if stress is affecting your appetite. Try not to skip meals as hunger pangs and sugar crashes will leave you feeling more irritable.

No.20

...is the UK's current ranking in the happiest country stakes as determined by scientists at the United Nations. Finland topped the list in 2024, followed by Denmark, then Iceland.

3 more happiness health boosters

The endorphin cycle, where doing something you enjoy creates positive feelings, has numerous benefits. These chemicals can help us manage pain, anxiety and depression to make us feel cheerier.

1 Spending time with friends triggers the endorphin effect, but also an unexpected additional gain. Perhaps due to the pain-killing ability of endorphins, people with more friends have been found to have a higher pain threshold.

2 Research shows that laughter can be a successful treatment for stress and depression, due to its ability to alter the chemical balance of the brain.

3 A glass of red wine can help to manage pain and anxiety in people with fibromyalgia, as it is believed to trigger the release of endorphins.

Spotlight on... Fortified nutritional yeast

What is nutritional yeast?

Dried nutritional yeast flakes differ from active and beer yeasts because, after being grown commercially, the yeast is heat-treated to deactivate it, so it cannot ferment. Its appeal lies in its relatively high flavour profile that's distinctly cheese-like, so it adds a parmesan-style kick to vegan and vegetarian dishes.

Although it has the complete protein profile of meat, eggs, cheese and other milk products, nutritional yeast is eaten in such small amounts that it isn't seen as a protein contributor of any importance to your diet. However, it's a very good source of B vitamins, except B12, so if you're vegetarian or vegan, choose a brand fortified with vitamin B12. It also contains glutamates, but not monosodium glutamate (MSG).

How to prepare

No preparation is required for nutritional yeast. Simply sprinkle it over soups, roast vegetables, salads or pasta, as you would with parmesan.

How to cook

Think of it like grated parmesan and use it accordingly, mainly to sprinkle over dishes to give a savoury hit, but be careful not to overpower other flavours with it. You can also use nutritional yeast as an ingredient when cooking vegetarian and vegan stews or soups.

How to store

Keep nutritional yeast in a cool, dry, dark place. Make sure it is well sealed – if stored correctly, it will have a very long shelf life.

See page 56 for recipes using fortified nutritional yeast

THE GOOD FOOD GUIDE

to the health benefits of nuts, frozen fruit and veg, and vitamin B12

Are nuts healthy? Which nuts are best? What about their high fat content? Are frozen fruit and veg as good for you as fresh? What is vitamin B12? What foods contain it? Should everyone be taking B12 supplements? This handy guide, which is full of information from qualified expert nutritionists and dieticians, will help answer all these questions and more.

All our health content is for general information only, and should not be treated as a substitute for the medical advice of your own doctor or any other health care professional. Remember that any time you consider altering your diet, it's important to speak to your regular GP or dietician for tailored advice that suits your personal health concerns and goals, as they are best equipped to provide guidance based on your health history and needs.

To discover even more useful tips and information about nutrition, visit our online health hub at *goodfood.com/health*.

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Nuts

Convenient and good for you, nuts make a tasty, healthy snack and, despite being rich in fat, make an important contribution to a balanced diet. Here, we look at how they can benefit us.

What are nuts?

Tree nuts are nutrient-dense, edible seed kernels encased in a hard shell – the most popular being almonds, hazelnuts, walnuts and pistachios, as well as cashews, pine nuts, pecans, macadamias and Brazil nuts.

Although chestnuts (*castanea sativa*) are tree nuts, they are different from other common nuts because they are starchier and have a different nutrient profile. Often thought of as a nut, peanuts are technically legumes just like peas and beans.

A 30g serving of mixed nuts provides:

- 174 kcals/722 KJ
- 17.1g **protein**
- 114.7g **fat**
- 18.2g **monounsaturated fat**
- 13.5g **polyunsaturated fat**
- 13.5g **carbohydrate**
- 11.9g **fibre**
- 128mg **calcium**
- 67mg **magnesium**

Each type of nut has different nutritional credentials, with some being richer in certain nutrients – for example, Brazil nuts are a good source of the mineral selenium.

Are nuts safe for everyone?

Although a beneficial food for many, tree nuts are one of the most common food allergens and as a result have the ability to cause allergic reactions, including severe anaphylaxis. Cross contamination is a particular concern for those with a nut allergy and requires extra caution when eating away from home. Whole nuts also pose a choking risk, especially for children aged under five years.

TOP 5 HEALTH BENEFITS OF NUTS

1 **Rich in antioxidants**

Nuts contain plant defence chemicals called polyphenols, which have a protective effect in the body by helping to neutralise unstable molecules called free radicals that can cause damage.

A study of the protective effect of walnuts and almonds suggested their polyphenol content increased antioxidant capacity, which helped to protect cells from damage.

2 **Supports gut health**

Nuts are a good source of fibre, with almonds, hazelnuts, pistachios and pecans being among the richest. Evidence suggests that a diet rich in fibre has a lower risk of chronic diseases such as heart disease and diabetes. Increasing fibre in your diet may also support and regulate your digestive function.

The polyphenols in nuts also help to keep our guts healthy by benefiting the good bacteria that reside there – they do this by fuelling the bacteria, helping them grow and increase in number. In turn, certain bacteria produce short chain fatty acids that provide benefits for both our gut and wider health.

3 **May aid weight management**

Nuts contain a number of nutrients and phytochemicals that we find difficult to digest, so we're unable to absorb around 5-15% of the calories in nuts. This explains why consuming a modest amount, such as a small handful, is inversely associated with body mass index (BMI).

Research found that consuming nuts, in this case 55g of almonds, as part of a healthy diet had limited risk of weight gain. A study from 2013 also concluded that almonds, when consumed as a snack, help to curb your appetite.

4 **Packed with healthy fat**

With the exception of chestnuts, nuts are a high-fat food, with levels ranging from 46% in cashews and pistachios to 76% in macadamias. However, these types of fat have proven benefits to health, and are typically low in saturated fat, with higher levels of the heart-friendly monounsaturated and polyunsaturated fats.

Walnuts are worthy of special mention because they have the highest content of the short chain omega-3 essential fatty acid, alpha-lipoic acid (ALA), of all edible plants, making them a useful inclusion for those who are following a plant-based diet.

5 **Supports heart health**

Including nuts in your diet has been associated with improved heart health. This is because eating nuts helps to maintain the health of the lining of the arteries, balances cholesterol and reduces the build-up of deposits called plaques, while also lowering the risk of blood clots.

There are numerous reasons why nuts support heart health, including their beneficial fat profile being rich in mono and polyunsaturated varieties, their fibre content and the existence of phytosterols as well as contributions of proteins such as L-arginine, which help relax blood vessels and lower blood pressure.

Top 10 healthiest nuts

We've rounded up the best nuts to graze on, with approved nutritional information on how to enjoy them in your diet – find out which nut is full of calcium and which has the lowest fat and calorie content.

1 Almonds

A 30g serving of almonds provides:
- 184 kcals/760 KJ
- 6.3g **protein**
- 16.7g **fat**
- 1.3g **saturated fat**
- 11.5g **monounsaturated fat**
- 3.1g **polyunsaturated fat**
- 2.1g **carbohydrates**
- 2.2g **fibre**
- 72mg **calcium**
- 81mg **magnesium**
- 7.19mg **vitamin E**
- 14mcg **folate**

Packed with heart-friendly monounsaturated fat, fibre and vitamin E, almonds have the highest calcium content of a nut, which is needed for robust bones and the correct function of nerves and muscles. The beneficial fat and high fibre content means almonds can manage cholesterol levels.

Eating skin-on almonds supports gut health by promoting the growth of beneficial bacteria such as lactobacillus. The skin is also full of protective compounds called flavonoids, which have antioxidant benefits.

2 Brazil nuts

Originating from the Amazon, Brazil nuts are a rich source of selenium.

A 30g serving of Brazil nuts provides:
- 205 kcals/845 KJ
- 4.3g **protein**
- 20.5g **fat**
- 5.2g **saturated fat**
- 6.7g **monounsaturated fat**
- 7.6g **polyunsaturated fat**
- 0.9g **carbohydrates**
- 1.7g **fibre**
- 51mg **calcium**
- 123mg **magnesium**
- 76.2mcg **selenium**

Selenium is a mineral that acts as a protective antioxidant, supporting immunity and helping wounds to heal. You only need one to three Brazil nuts a day to get all the selenium you require, because we only need this mineral in very small amounts. Also containing vitamin E and the polyphenols ellagic and gallic acid, Brazil nuts enhance our defence mechanisms and can help regulate blood lipids.

3 Cashews

Studies suggest that including cashews in your diet may help improve blood lipid levels and reduce blood pressure, supporting heart health.

A 30g serving of cashew nuts provides:
- 172 kcals/712 KJ
- 5.3g **protein**
- 14.5g **fat**
- 2.9g **saturated fat**
- 8.3g **monounsaturated fat**
- 2.6g **polyunsaturated fat**
- 5.4g **carbohydrate**
- 1.3g **fibre**
- 81mg **magnesium**
- 1.86mg **iron**
- 1.77mg **zinc**

Cashews are a good source of protein, iron and zinc, so they're an excellent choice if you follow a vegetarian diet. They're also rich in magnesium, which is thought to delay age-related memory loss. Cashews contain heart-friendly monounsaturated fats and also supply plant sterols, which may help to manage cholesterol levels.

4 Chestnuts

Low in fat and calories, chestnuts are a good source of protective antioxidants.

A 30g serving of raw chestnuts provides:
- 59 kcals/246 KJ
- 0.5g **protein**
- 3.1g **fat**
- 0.1g **saturated fat**
- 0.1g **monounsaturated fat**
- 0.1g **polyunsaturated fat**
- 13.9g **carbohydrates**
- 1.5g **fibre**
- 145mg **potassium**
- 9mg **magnesium**
- 17mcg **folate**
- 12mg **vitamin C**

The nut with the lowest fat and calories, chestnuts are rich in starchy carbohydrates and fibre, and in raw form are a good source of vitamin C. They're lower in protein than other nuts, and can be ground into a gluten-free flour to make cakes and bakes.

5 Hazelnuts

Hazelnuts are rich in a number of nutrients, including vitamin E.

A 30g serving of hazelnuts provides:
- 195 kcals/806 KJ
- 4.2g **protein**
- 19.1g **fat**
- 1.4g **saturated fat**
- 14.8g **monounsaturated fat**
- 2.0g **polyunsaturated fat**
- 1.8g **carbohydrates**
- 2.1g **fibre**
- 219mg **potassium**
- 22mcg **folate**

The second richest nut source of heart-friendly monounsaturated fat, hazelnuts also have anti-inflammatory properties and can help manage blood lipids. Rich in vitamins and minerals, they are effective at improving vitamin E status, especially in the elderly.

Photographs GETTY IMAGES

See page 14 for our great nut recipe ideas

6 Macadamia nuts

With one of the highest nut fat contents, macadamias are often used to add flavour and texture to a dish, and work well in savoury and sweet recipes.

A 30g serving of macadamia provides:
- 215 kcals/901 KJ
- 2.4g **protein**
- 22.7g **fat**
- 3.6g **saturated fat**
- 17.7g **monounsaturated fat**
- 0.5g **polyunsaturated fat**
- 1.6g **carbohydrates**
- 2.6g **fibre**
- 110mg **potassium**
- 26mg **calcium**
- 39mg **magnesium**

Although well known for their high fat content, macadamia nuts shouldn't be feared. They are the richest nut source of heart-friendly monounsaturated fats and, as such, they help to manage cholesterol and modulate the risk factors of heart disease. They're also a good source of fibre and make a useful contribution towards mineral intake, including magnesium, calcium and potassium.

7 Pecans

Sweet and creamy, pecans are popular in desserts and sweet bakes.

A 30g serving of pecans provides:
- 207 kcals/853 KJ
- 2.8g **protein**
- 21.0g **fat**
- 1.7g **saturated fat**
- 12.8g **monounsaturated fat**
- 5.6g **polyunsaturated fat**
- 1.7g **carbohydrates**
- 1.9g **fibre**
- 156mg **potassium**
- 1.59mg **zinc**

Pecans are packed with plant sterols, which help lower cholesterol levels. They're also antioxidant-rich, which helps prevent plaque formation and the hardening of arteries. They're rich in oleic acid, the monounsaturated fat, which has the same heart-healthy benefits as olives and avocados.

8 Pine nuts

A key ingredient of pesto, botanically, pine nuts are a seed rather than a nut.

A 30g serving of pine nuts provides:
- 206 kcals/852 KJ
- 4.2g **protein**
- 20.6g **fat**
- 1.4g **saturated fat**
- 6g **monounsaturated fat**
- 12.3g **polyunsaturated fat**
- 1.2g **carbohydrates**
- 0.8g **fibre**
- 234mg **potassium**
- 81mg **magnesium**
- 4.16mg **vitamin E**
- 1.14mg **vitamin B3**

Pine nuts are rich in vitamin E, so can help to support healthy skin. Animal studies also suggest they can lower fasting blood glucose levels, and their rich polyphenol content may prevent health issues associated with diabetes. However, more clinical trials are needed to understand how much polyphenol-rich food we need to eat.

9 Pistachios

A popular ingredient in desserts and puddings, pistachios add an intriguing colour to dishes, thanks to pigments that have antioxidant properties.

A 30g serving of pistachios provides:
- 169 kcals/706 KJ
- 6.1g **protein**
- 13.6g **fat**
- 1.7g **saturated fat**
- 7.1g **monounsaturated fat**
- 4.1g **polyunsaturated fat**
- 5.4g **carbohydrates**
- 3.1g **fibre**
- 308mg **potassium**
- 1.18mg **iron**
- 1.37mg **vitamin E**

Compared to most other nuts, pistachios have a lower fat and calorie content, and contain the highest amount of potassium. They're especially rich in phytosterols, which support cardiovascular health. They're also the only nut to provide reasonable levels of lutein and zeaxanthin, two antioxidants that play an important role in protecting the eyes.

10 Walnuts

Walnuts provide plenty of good-for-you fats, predominantly polyunsaturated fats. In fact, walnuts have the highest content of the short chain omega-3 essential fatty acid, alpha lipoic acid (ALA), of all edible plants, making them a valuable inclusion in a plant-based diet.

A 30g serving of walnuts provides:
- 206 kcals/851 KJ
- 4.4g **protein**
- 20.6g **fat**
- 2.2g **saturated fat**
- 3.2g **monounsaturated fat**
- 14.0g **polyunsaturated fat**
- 1.0g **carbohydrates**
- 1.4g **fibre**
- 135mg **potassium**
- 1.16mg **vitamin E**
- 20mcg **folate**

Animal studies suggest that the antioxidant content of walnuts, which is richer than any other nut, may be useful in the fight against cancer, including breast cancer.

Eating walnuts can benefit our gut bacteria, too, as seen in an eight-week study which followed 194 healthy adults who consumed 43g of walnuts each day. The findings showed an increase in beneficial gut bacteria and especially in those that produce the short chain fatty acid butyrate, which has anti-inflammatory and anti-cancer properties.

See page 28 for frozen berry recipe ideas

Frozen fruit and vegetables

Frozen fruit and vegetables are convenient additions to smoothies and shakes as well as soups and stews. We asked registered nutritionist Nicola Shubrook to explain how frozen produce compares nutritionally to fresh.

What are frozen fruit and vegetables?

Commercially, frozen fruit and vegetables are flash-frozen within a few hours of picking. They are prepared and made ready for consumption beforehand – being peeled or chopped and blanched to prevent browning.

Often, they are flash-frozen at low temperatures so the water content crystallises instantly, stopping the produce from going soggy when thawed. This also minimises, but doesn't eliminate, damage to the structure of the fruit or vegetable and helps preserve nutrients.

An 80g serving of frozen peas (boiled) provides:

- 56 kcals/239 KJ
- 4.4g **protein**
- 0.6g **fat**
- 9g **carbs**
- 4.7g **sugars**
- 4.4g **fibre**
- 142mg **potassium**
- 10mg **vitamin C**

Just like fresh or canned fruit and vegetables, 80g counts as one of your five-a-day. Typically, frozen produce retains most of its nutrients compared with fresh, although there may be some small variations in nutrient value.

Are frozen fruit and vegetables safe for everyone to eat?

Fruit and vegetables are generally safe for the majority of people, but some may experience allergies to certain produce, regardless of whether they are fresh or frozen.

It is not necessary to defrost frozen produce before cooking, but be sure to cook to an internal temperature of about 135C before serving. This is because although fresh produce may be blanched before freezing, it may still harbour harmful bacteria, such as listeria.

When cooking with frozen vegetables, be aware that if you're adding them to a composite dish like a stew, soup or tagine, their addition will lower the temperature of the dish which will, as a result, mean you need to lengthen the overall cooking time needed.

TOP 5 HEALTH BENEFITS OF FROZEN FRUIT AND VEGETABLES

1 **As nutritious as fresh**

Frozen fruit and vegetables are almost like-for-like in terms of nutritional value when compared with fresh. There can be slight variations, but the differences are usually negligible – for example, cooked-from-frozen peas contain 12mg of vitamin C per 100g, compared to fresh peas which contain 16mg. However, frozen peas have more calcium at 37mg, compared to fresh peas which contain 19mg per 100g. Vegetables are often blanched prior to freezing to prevent browning – this process also retains phytonutrients, including carotenoids and flavonoids.

Salt and sugar levels may be a little higher in frozen fruit and vegetables. For example, frozen peas have 5.9g sugar per 100g compared to 1.2g in fresh peas per 100g.

2 **A healthy way to preserve fresh produce**

Freezing is a widely used, long-term method of preservation that retains many of the attributes associated with freshness, with many considering it a better method of preservation than canning or drying.

Fruit and vegetables don't require any preservatives or added ingredients when frozen, making freezing a healthy way of extending the life of fresh produce. However, it's worth checking labels of commercially frozen produce to ensure they have no added sugar, salt or other flavourings.

3 **A good way to access nutrients out of season**

Freezing fresh produce when in season is a valuable way to access nutrients like vitamin C during the winter months. Studies suggest people who include frozen produce in their diets tend to eat more fruit and vegetables overall.

4 **A healthy fast food**

Frozen fruit and vegetables are typically easier to prepare, with minimal wastage. They don't require washing, peeling or chopping and are fast to cook, making them a healthy and convenient option.

5 **Makes fruit and vegetables more accessible**

Frozen produce is typically cheaper than its fresh equivalent, especially out of season. There is minimal wastage and you can use the exact amount you need – all of which makes frozen produce more cost effective and more accessible to those on a budget.

Vitamin B12

What is it? Why do we need it? How can we get it from our diet? And who needs to take supplements?

Why do we need vitamin B12?

We need vitamin B12 (cobalamin) for energy production and the proper functioning of our nervous system. It's abundant in animal-sourced foods and some fortified food products, such as meat, fish, eggs and fortified breakfast cereals and spreads. Those following a plant-based diet and the elderly, who may not absorb the vitamin as well, may need to take a supplement.

Vitamin B12 is a water-soluble vitamin that is important for proper red blood cell formation, for nerve function and DNA synthesis. A deficiency may lead to anaemia, neurological problems, low mood and depression, as well as confusion.

How much do I need?

The NHS website advises that adults (aged 19-64 years) need about 1.5mcg per day. If you eat plenty of meat, fish and dairy foods, it's likely you'll get plenty from your diet. However, certain groups of people may need to consider a supplement.

Most supplements provide significantly more than the daily amount suggested by the NHS – this is because vitamin B12 is water-soluble and, as such, poorly absorbed by the body. Some studies estimate that absorption may be as low as 1.3% from a 1000mcg dose, which is why you are likely to see supplements offering high doses.

How to use vitamin B12 supplements safely

Unless you follow a restricted diet, it's likely you're already eating vitamin B12-rich foods, but the issue may be how well you absorb and utilise it. This is where supplementation may help.

Vitamin B12 is generally safe for most people – however, as with any supplement regime, if you have concerns, check with your GP first.

WHAT SHOULD I LOOK FOR ON THE B12 SUPPLEMENT LABEL?

Vitamin B12 comes in several forms:

- **Cyanocobalamin**
- **Adenosylcobalamin**
- **Methylcobalamin**

The natural forms of B12 that are identical to the forms found in our bodies and food are adenosylcobalamin and methylcobalamin, and these are the active forms. Cyanocobalamin is a synthetic form that is used in food fortification and in some supplements.

Although studies suggest all three forms are well absorbed, better retention appears to be achieved with the natural forms of vitamin B12. This means if you are addressing a B12 deficiency, check product labels for vitamin B12 in the form of methylcobalamin or adenosylcobalamin.

On product labels you will see the dose given as a percentage of the nutrient reference value (NRV). The NRV is a guidance level set by the European Union and is used for the purposes of food (and supplement) labelling – the figure set for vitamin B12 is 2.5mcg.

Who might benefit from a supplement?

Those unable to enjoy a varied diet or with a compromised digestive system may need a supplement, for example, if you have coeliac disease, Crohn's disease or are elderly.

Also, strict vegans who don't include two to three servings of fortified foods in their daily diet – for those on a plant-based diet, foods fortified with vitamin B12, such as nutritional yeast and plant milks make valuable additions to your diet.

If you're pregnant and concerned you may be at risk of low levels, speak to your GP because reduced levels may increase your baby's risk of a neural defect.

Those on certain prescribed medications, such as the long-term use of antacids and metformin, may be at risk of lower levels of B12 and should also speak to their GP.

Who shouldn't take vitamin B12 supplements?

Those with a sensitivity or allergy to vitamin B12, cobalt or any other ingredients shouldn't take a B12 supplement. If you are on prescribed medication or undergoing chemotherapy, check with your GP or pharmacist to ensure this supplement is appropriate for you.

Can you take too much vitamin B12?

Vitamin B12 is generally considered safe and the body will excrete excess amounts through the urine. However, only very small amounts are needed and, although there's limited evidence to suggest what effects high doses may have, you should avoid taking too much as it may be harmful. Taking 2mg (2000mcg) or less each day is unlikely to do harm.

How to choose a supplement

Always buy a supplement from a reputable company and check it delivers an effective dose (see the recommended daily intake, along with the safe upper level guidance for most nutrients). Also, check it has a batch number and expiry date, and choose a formulation that's suitable for your age and gender. Take only as directed on the label.

Let's go NUTS!

Brilliant ideas to up your intake of nuts and seeds, from cashew curry and pecan pasta to overnight oats

Pistachio

Feta-stuffed cannellini nut roast

Nut roast has had a few image problems since the vegetarian boom of the 1970s, but this revamp should help to change opinions. Packed with pistachios, spices, sundried tomatoes and a creamy mascarpone and feta filling, this roast will win over meat-eaters as well as vegetarians. Serve it with some purple sprouting broccoli tossed in harissa, which, when roasted, helps to create the most deliciously moreish crisp edges.

SERVES 6 **PREP** 30 mins
COOK 1 hr 10 mins **MORE EFFORT** **V**

- 3 tbsp olive oil, plus extra for the tin and for drizzling
- 1 celery stick, finely chopped
- 2 leeks, halved and sliced
- 400g can cannellini beans, drained and rinsed
- 100g pistachios, finely chopped
- 50g sundried tomatoes, drained and roughly chopped
- 80g parmesan or vegetarian alternative, grated
- 100g cooked quinoa
- 3 tbsp za'atar
- 50g fresh breadcrumbs
- 2 eggs, beaten
- 50g plain flour
- ½ small bunch of parsley, finely chopped
- 100g feta or vegetarian alternative, crumbled
- 2 tbsp mascarpone
- 1 tbsp finely chopped chives
- 1 tbsp finely chopped dill, plus a few fronds to serve
- 1 lemon, zested
- 1 tbsp toasted mixed seeds
- 300g purple sprouting broccoli
- ½ tbsp coriander seeds, crushed
- 1 tbsp rose harissa

1 Oil the base and sides of an 18cm loaf tin and line with baking parchment. Heat 1½ tbsp oil in a frying pan, tip in the celery and leeks, and fry for 10 mins until translucent.

2 Roughly mash the cannellini beans in a large bowl. Stir through the fried celery and leek, pistachios, sundried tomatoes, parmesan, quinoa, za'atar, breadcrumbs, beaten eggs, flour and parsley. Season well.

3 For the stuffing, crumble the feta into a bowl and roughly mash with a fork, then stir in the mascarpone, herbs and lemon zest. Season.

4 Heat the oven to 180C/160C fan/gas 4. Sprinkle the mixed seeds over the bottom of the lined loaf tin. Pat half the bean and nut mixture into the tin and use a spoon to press out a channel along the middle, roughly 2cm wide. Spoon the feta mixture into the channel, then pat down the remaining bean and nut mixture over the top and around the sides. Cover in foil and bake for 50 mins or up to 1 hr until firm to the touch.

5 Toss the broccoli in a baking tray with the coriander seeds, harissa and remaining 1½ tbsp oil. Season and roast on the lower shelf of the oven for the last 20 mins of the cooking time, or until crisp at the edges.

6 Serve the nut roast on a platter alongside the broccoli. Drizzle with olive oil and top with the dill fronds.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 518 kcals • fat 31g • saturates 11g • carbs 30g • sugars 8g • fibre 11g • protein 24g • salt 1.4g

Brazil nut

Brazil nut burritos

As well as adding protein, Brazil nuts contain all sorts of important minerals and nutrients such as magnesium, selenium, zinc, calcium and vitamin E.

SERVES 4 **PREP** 15 mins **COOK** 5 mins **EASY** **V**

50g Brazil nuts, roughly chopped
large handful of kale, woody stalks removed and leaves shredded
1 lime, juiced
4 large or 8 small wholemeal tortilla wraps
½ pack coriander
tomato burrito rice (see recipe, right)
Brazil nut refried beans (see recipe, below right)
1 yellow pepper, sliced
1 avocado, sliced (optional)
easy cheese dressing (see recipe, below right)
hot sauce, to serve

1 Toast the Brazil nuts in a dry frying pan until golden, then set aside.

2 Put the kale in a bowl and squeeze over half the lime juice. Scrunch together with your hands to soften the leaves a little.

3 Lay out the tortilla wraps and divide all of the ingredients between them, including the remaining lime juice, and season. Fold in the ends and roll them up to close in a tight, fat cylinder shape – you may find it easier to wrap in foil. You can also toast in a dry frying pan to lightly brown the burritos and seal in the fillings, if you like. Cut each one in half before serving with some hot sauce alongside.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 858 kcals • fat 33g • saturates 12g • carbs 108g • sugars 13g • fibre 15g • protein 25g • salt 1.6g

Tomato burrito rice

With a spike of chilli heat, it's proof that comfort food needn't be bland.

SERVES 4 **PREP** 5 mins
COOK 40 mins **EASY** **V**

1 tbsp sunflower oil
1 red onion, finely chopped
1 red chilli, finely chopped
2 garlic cloves, crushed
1 tsp each ground cumin, ground coriander and smoked paprika
1 small pack coriander, stalks and leaves chopped separately
1 tsp chipotle paste
400g can chopped tomatoes
250g wholegrain rice

1 Heat the oil in a large pan and tip in the onion. Fry for 5 mins over a medium heat or until starting to soften Add the chilli, fry for another 2 mins, then add the garlic, spices, coriander stalks and chipotle paste. Stir well and sizzle for a minute or so, then tip in the tomatoes. Fill the can with water, pour that in, then refill the can halfway with water, add that too and then the rice. Mix well, bring to the boil, then reduce to a simmer for 25-30 mins, covered with a lid, until the rice is tender and the liquid has all been absorbed. Stir through the coriander leaves before serving.

GOOD TO KNOW vegan • healthy • low-fat • 2 of 5-a-day • gluten-free
PER SERVING 288 kcals • fat 4g • saturates 1g • carbs 53g • sugars 7g • fibre 4g • protein 7g • salt 0.1g

Brazil nut refried beans

The Brazil nuts add a buttery richness to these spiced beans.

SERVES 4 **PREP** 5 mins
COOK 25 mins **EASY** **V**

4 Brazil nuts
400g can kidney beans
1 garlic clove, crushed
1 tsp each ground cumin, ground coriander and smoked paprika
2 limes, juiced

1 Crush the Brazil nuts with a pestle and mortar or mini food processor, until a coarse paste. Tip into a pan, then add the kidney beans, including the liquid from the can. Fill the can halfway with water and add that too. Stir well, then add the rest of the ingredients except for the lime juice.

2 Heat gently for 15 mins, then mash the beans with a potato masher until they have a loose, porridge-like consistency. Keep cooking, stirring occasionally, until the mixture is still soft, but not runny, then add the lime juice and seasoning to taste.

GOOD TO KNOW vegan • fibre • 1 of 5-a-day • gluten-free
PER SERVING 123 kcals • fat 5g • saturates 1g • carbs 9g • sugars 1g • fibre 6g • protein 6g • salt 0.1g

Easy cheese dressing

A lighter alternative to soured cream and grated cheese.

SERVES 4 **PREP** 2 mins
NO COOK **EASY** **V**

150g cream cheese
50ml milk

1 Whisk the cream cheese with the milk until smooth, then cover and chill until needed.

GOOD TO KNOW gluten-free
PER SERVING 102 kcals • fat 10g • saturates 6g • carbs 2g • sugars 2g • fibre none • protein 2g • salt 0.3

Pine nut

Lemony polenta with roasted cauliflower, pine nuts, raisins & capers

SERVES 4 **PREP** 15 mins **COOK** 30 mins **EASY** **V**

1 medium cauliflower, cut into small florets
2 garlic cloves, grated
2 tbsp olive oil
50g pine nuts
2 tsp capers, roughly chopped

For the dressing
10g flat-leaf parsley, finely chopped
1 lemon, juiced (save the zest for the polenta)
30ml extra virgin olive oil
80g raisins

For the polenta
800ml vegetable stock
150g polenta
200g ricotta
1 lemon, zested
10g flat-leaf parsley, roughly chopped

1 Heat the oven to 220C/200C fan/gas 7. Tip the cauliflower, garlic and oil into a large roasting tin, mix well, then roast in the oven for 25 mins, tossing halfway through with some seasoning.
2 Meanwhile, to make the dressing, whisk together the parsley, lemon juice, oil and 1 tsp salt in a small bowl. Add the raisins and set aside. Toast the pine nuts and capers in the cauliflower tin for the final 5 mins of cooking.
3 Stir the dressing into the cauliflower and set aside.
4 To make the lemony polenta, bring the stock to the boil in a large pan, add the polenta and stir for 4 mins until thickened. Add the ricotta and lemon zest, and a little parsley, then taste and adjust the salt as needed.
5 Divide the polenta between bowls, then top with the dressed cauliflower. Scatter over the remaining parsley.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 529 kcals • fat 29g • saturates 6g • carbs 49g • sugars 21g • fibre 6g • protein 15g • salt 0.7g

Walnut

Red pepper & walnut dip

This recipe is inspired by the Syrian muhammara dip and can be served as a side dish with flatbreads.

SERVES 4-6 **PREP** 20 mins **COOK** 35 mins **EASY** **V**

3 red peppers
70g walnut halves
1 tbsp pomegranate molasses
½ tsp hot chilli flakes
1 tsp ground cumin
1 tsp tomato paste
1 small garlic clove, crushed
handful of breadcrumbs
olive oil, to serve
handful of coriander leaves, to serve

1 Heat the oven to 220C/200C fan/gas 7. Roast the peppers for 25-30 mins, turning halfway, until tender and starting to blister (if they don't blister, grill them for a few minutes). Leave to cool a little, then peel and discard the skins. Discard the seeds and finely chop the flesh. Toast the walnuts for 5 mins until lightly browned.
2 Grind all but four of the walnut halves in a spice grinder until quite fine but still with some texture. Mix the ground walnuts with the peppers, then add the molasses, spices, tomato paste, garlic, breadcrumbs and $^{3}/_{4}$ tsp fine sea salt, mix well and season.
3 Serve drizzled with olive oil. Add the whole walnuts to the centre and some coriander around the edges.

GOOD TO KNOW vegan
PER SERVING (6) 134 kcals • fat 9g • saturates 1g • carbs 8g • sugars 6g • fibre 3g • protein 4g • salt 1g

Hazelnut

Purple sprouting broccoli with anchovy & hazelnut pesto

Sweet, earthy, salty and bitter flavours combined, this is next-level broccoli. Serve the rest of your pesto on the side with some bread – it's great for dipping!

SERVES 6 as a side or 4 as a main
PREP 30 mins **COOK** 45 mins **EASY**

For the salad

350g Jerusalem artichokes or 4 leeks (fat ones are better than long skinny ones in both cases)
½ lemon, juiced (if using artichokes)
1 tbsp olive oil
1 small head white chicory
½ small head radicchio
200g purple sprouting broccoli
50g watercress, coarse stalks removed
1 tbsp white balsamic vinegar
3 tbsp extra virgin olive oil
15g lightly toasted hazelnuts, very roughly chopped

For the pesto

50g can anchovies, drained
1 garlic clove, roughly chopped
70g hazelnuts, lightly toasted
125ml extra virgin olive oil (a fruity one rather than a grassy one)
½ lemon, juiced (reserve 2 tsp for the dressing)
1 tbsp finely chopped flat-leaf parsley

1 Wash the artichokes thoroughly and remove any small, tufty bits. You don't need to peel them, just halve lengthways if they're small, or cut into 2.5cm chunks if using larger artichokes. If you're not going to cook them immediately, put in a bowl of water mixed with lemon juice to stop the flesh discolouring. If using leeks, trim and cut into fat chunks.

2 Heat the oven to 180C/160C fan/gas 4. Drain the artichokes, pat dry and put in a roasting tin large enough to hold a single layer (or add the leeks). Season and add the olive oil. Toss together and cook for 30-45 mins until the vegetables are completely tender.

3 Meanwhile, make the pesto. Put the anchovies, garlic and hazelnuts in a food processor with some freshly ground black pepper. Blitz while adding the olive oil. Taste, then add the lemon juice, tasting as you go. If it seems too thick, add a drop of water (you should be able to drizzle the mixture). Stir in the parsley.

4 Trim the base of the chicory and separate the leaves; separate the radicchio leaves, too, and tear into pieces. Steam the broccoli until just tender (insert the tip of a knife to test). Pat dry with a tea towel (there will be moisture on the surface after steaming, which makes it difficult for the dressing to cling to). Season the broccoli.

5 Toss the artichokes gently with the broccoli, the leaves (including the watercress), 2 tsp lemon juice, the vinegar, olive oil and a little more seasoning. Tip onto a serving platter, spoon over some of the pesto and scatter on the hazelnuts. Serve the remaining pesto in a bowl.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 424 kcals • fat 38g • saturates 5g • carbs 10g • sugars 3g • fibre 6g • protein 6g • salt 0.7g

Cashew

Coconut cashew & butternut squash curry

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY V** ❄

1 tbsp oil
1 onion, finely chopped
3 garlic cloves, finely chopped
1cm piece of ginger, peeled and grated
2 tbsp mild curry powder
400g can coconut milk
200g can chopped tomatoes
75g cashew nuts, blitzed to a fine powder
4 tbsp raisins
400g can chickpeas, drained
1 large butternut squash, peeled and cut into chunks (about 750g prepared weight)
rice, naan breads and pickles, to serve (optional)

1 Heat the oil in a large pan over a medium heat. Tip in the onion and cook, stirring regularly, for about 10 mins until softened. Add the garlic, ginger and curry powder, and cook for about 20 seconds, continuing to stir.

2 Tip in the coconut milk, tomatoes, cashew nuts, raisins, chickpeas and squash. Pour in 200ml water, then bring to the boil and immediately reduce the heat to low. Simmer, uncovered, for about 20 mins until the squash is tender, stirring occasionally to prevent it sticking. Season to taste. *If freezing, leave to cool completely first. Will keep frozen for up to one month. Reheat from frozen at 200C/180C fan/gas 6 for 10-15 mins.* Serve with rice, naan and pickles, if you like.

GOOD TO KNOW vegan • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 563 kcals • fat 29g • saturates 17g • carbs 56g • sugars 35g • fibre 12g • protein 14g • salt 0.1g

Chestnut

Squash steaks with chestnut & cavolo nero pilaf

SERVES 4 PREP 10 mins
COOK 40 mins EASY V

1 butternut squash
2-3 tbsp olive oil, plus extra for frying
½ tsp smoked paprika, plus a little extra for sprinkling
200g cavolo nero or curly kale, shredded
1 onion, chopped
180g chestnuts, halved
2 garlic cloves, finely chopped
½ tsp ground cumin
½ tsp ground cinnamon
250g basmati wild rice
500ml vegetable stock
150g pot coconut yogurt

1 Heat the oven to 220C/200C fan/gas 7. Cut the neck of the squash into four rounds (keep the rest for another time). Heat the oil in a frying pan and brown the squash for a few minutes on each side. Transfer to a baking tray, sprinkle with half the paprika and roast for 30 mins.

2 Meanwhile, in the same pan, drizzle in a little extra oil and stir-fry the cavolo nero for 2 mins, then remove with a slotted spoon and set aside. Add the onion and chestnuts, cook for a few minutes, then stir in the garlic, remaining paprika and spices, and cook for 1 min more. Stir in the rice and stock, bring to the boil, then cover with a lid. Turn the heat down as low as it will go and cook for 25 mins, stirring occasionally.

3 Stir through the cavolo nero and serve with the squash steaks and coconut yogurt sprinkled with paprika.

BENEFITS vegan • fibre • vit c • 2 of 5-a-day
PER SERVING 562 kcals • fat 15g • saturates 8g • carbs 87g • sugars 14g • fibre 10g • protein 14g • salt 0.4g

Pecan

Creamy chicken, squash & pecan pasta

This crowd-pleasing pasta is easy to make, healthy and satisfying, with pecans added to give a nice crunch.

SERVES 4 **PREP** 15 mins **COOK** 30 mins **EASY**

1 litre chicken stock
½ butternut squash, peeled and chopped into small chunks
2 chicken breasts
400g pasta (we used casarecce)
50g soft cheese
75g pecans, chopped
small pack flat-leaf parsley, chopped
25g parmesan grated, plus extra to serve

1 Pour the stock into a pan and bring to a simmer. Add the squash and chicken, cover and bubble gently for 15 mins, or until the chicken and squash are cooked. If the chicken cooks first, remove from the pan, set aside and keep boiling the squash until tender. Scoop the squash out with a slotted spoon, leaving the stock in the pan.
2 Bring the stock back to the boil and add the pasta – the liquid should just cover the pasta. Cook, stirring regularly, until the pasta is just tender and most of the stock has been absorbed. Shred the chicken.
3 Return the squash to the pan and add the soft cheese, pecans, parsley and parmesan. Simmer for another minute or two, then add the chicken. Season and serve with extra parmesan, if you like.

GOOD TO KNOW healthy • fibre • 1 of 5-a-day
PER SERVING 672 kcals • fat 21g • saturates 5g • carbs 80g • sugars 7g • fibre 9g • protein 36g • salt 1g

Almond

Banana overnight oats

Rustle up these easy overnight oats made with bananas, nut butter and almonds for a tasty breakfast. Prepped the night before, they're ideal for busy mornings

SERVES 2 **PREP** 5 mins plus overnight chilling
NO COOK **EASY** **V**

2 bananas, peeled
100g porridge oats
¼ tsp ground cinnamon, plus a pinch to serve
1 tbsp maple syrup
300ml milk of your choice, plus a splash
2 tbsp peanut or almond butter, plus extra to serve
2 tbsp flaked or chopped almonds
2-4 tbsp natural yogurt, to serve (optional)

1 Mash 1 banana in a bowl with a fork until smooth. Stir in the oats, cinnamon, maple syrup, milk and peanut butter. Mix well, then cover and chill overnight.
2 Stir the chilled porridge, adding another splash of milk if the mixture is quite stiff. Divide between bowls. Slice the remaining banana and scatter over the porridge, drizzle with more nut butter and sprinkle over the almonds. Top with spoonfuls of yogurt, if using, and sprinkle with a pinch more cinnamon before serving.

GOOD TO KNOW calcium • fibre • 1 of 5-a-day
PER SERVING 557 kcals • fat 23g • saturates 5g • carbs 65g • sugars 28g • fibre 6g • protein 20g • salt 0.3g

Macadamia

Tuna & rice bowl

This uses fresh sushi-grade tuna with a dash of shichimi togarashi – a Japanese seven-spice mix.

SERVES 2 **PREP** 10 mins
COOK 25 mins **EASY**

- 120g sushi rice
- 2 tsp rice wine vinegar
- 4 tbsp mayonnaise
- 1 tsp shichimi togarashi
- 200g freshest sushi-grade tuna (ask your fishmonger for the thickest slice possible)
- 1 tbsp sesame oil
- 2 tbsp soy sauce
- ½ lime, juiced, plus 2 wedges for serving
- 1-2 tsp chilli flakes
- 1 avocado, halved and sliced
- 10 cherry tomatoes (approx 100g), halved
- 1 sheet nori, cut into pieces
- 30g macadamia nuts, roughly chopped
- 2 spring onions thinly sliced diagonally

1 Put the rice in a small bowl. Cover with cold water and massage with your hands to remove the starch. Drain and put in a small pan with a tight-fitting lid. Cover with a fingertip depth of cold water and simmer over a medium heat with the lid on for 10 mins. Remove from the heat and leave to steam with the lid on for another 15 mins, then stir through the rice wine vinegar.

2 Meanwhile, mix the mayonnaise with the shichimi togarashi in a small bowl and set aside. Put the tuna on a chopping board, cut into roughly 1cm cubes, then sprinkle liberally with flaky sea salt.

3 In a large bowl, mix the sesame oil, soy sauce, lime juice and chilli flakes. Add the tuna and stir well so every piece is coated in the dressing.

4 To assemble, put a mound of rice in two bowls. Top each with half an avocado, the tuna and dressing, cherry tomatoes and nori. Sprinkle over the chopped nuts and spring onions, and finish with a spoonful of the spicy mayonnaise.

GOOD TO KNOW fibre • omega-3 • 2 of 5-a-day
PER SERVING 839 kcals • fat 53g • saturates 7g • carbs 54g • sugars 8g • fibre 6g • protein 34g • salt 2.6g

Rise and shine

Kick-start your day the healthy way with a deliciously nourishing breakfast or brunch

Hot smoked trout scramble with rocket salad

SERVES 2 **PREP** 4 mins
COOK 13 mins **EASY**

- 1 tbsp extra virgin olive oil
- ½ lemon, juiced
- 1 tsp Dijon mustard
- ½ shallot, thinly sliced
- 2 tsp capers
- 80g rocket
- 6 eggs
- splash of milk
- knob of butter, for frying
- 2 slices dark rye bread (or another high-fibre bread of your choice)
- 200g hot smoked trout or salmon, flaked into chunky pieces

1 Whisk the oil, lemon juice and mustard with a pinch of salt in a large bowl. Add the shallot, capers and rocket, but don't toss together until you're ready to serve.

2 Whisk the eggs in a bowl with a pinch of salt and the splash of milk. Melt the butter in a frying pan, pour in the eggs and cook over a low-medium heat, stirring often with a spatula, until the eggs are just set.

3 Meanwhile, toast the bread and put one slice on each plate. Top with the scrambled eggs and flaked trout, and serve with the tossed rocket salad.

GOOD TO KNOW folate • vit c • iron • omega-3
PER SERVING 618 kcals • fat 38g • saturates 11g • carbs 17g • sugars 3g • fibre 3g • protein 50g • salt 4.7g

Turmeric granola

Add turmeric to sweet, crunchy granola to provide a slight earthiness alongside a signature vibrant yellow colour.

MAKES about 750g **PREP** 10 mins
COOK 1 hr 5 mins **EASY** **V**

200g rolled oats
100g bran flakes
75g flaked almonds
100g mixed seeds
130g raisin & nut mix
1½ tsp ground turmeric
½ tsp ground ginger
100ml coconut oil
125ml maple syrup
1 egg white

1 Heat the oven to 140C/120C fan/gas 1 and line a large baking sheet with baking parchment. Mix the oats, bran flakes, almonds, mixed seeds, raisin & nut mix, turmeric and ginger in a heatproof bowl using your hands.
2 Melt the coconut oil in a small pan over a low heat, then remove from the heat and stir in the maple syrup. Pour over the granola and stir to combine. Whisk the egg white until foamy and slightly thickened, then pour over the granola and stir again to combine.
3 Tip the granola onto the tray and press down gently using a spatula. Bake for 1 hr, turning the tray around halfway through. Leave to cool completely on the tray. *Will keep in an airtight container for up to two weeks.*

PER SERVING 202 kcals • fat 12g • saturates 5g • carbs 18g • sugars 8g • fibre 2g • protein 4g • salt 0.1g

tip

- **You can omit the flaked almonds or use any other finely chopped nuts you have. Pecans, hazelnuts or walnuts would all work well.**
- **If you don't have bran flakes, use any malted or plain, crunchy cereal. Cornflakes work well, too.**
- **If you don't want to add cereal, you could also increase the amount of oats by 100g.**

Serve with milk or a helping of natural yogurt

Greens & chorizo on toast

Pair iron-rich kale with spicy chorizo, and serve on top of sourdough and creamy ricotta in this speedy dish. It's great for brunch or a quick weeknight meal.

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY**

4 cooking chorizo (around 200g total)
2 tbsp olive oil
4 thick slices bread
  (we used sourdough)
3 garlic cloves, finely sliced
2 small banana shallots,
  finely chopped
100g kale, hard stems removed
1 lemon, ½ zested and juiced,
  ½ cut into wedges
½ tsp chilli flakes (optional)
75g ricotta

1 Split the chorizo in half lengthways and heat half the oil in a frying pan over a medium heat. Put the chorizo in, cut-side down, and cook for 4-5 mins until deeply browned, then flip and cook on the other side for 4-5 mins until browned. Transfer to a plate and set aside in a warm spot.

2 Put the bread in the frying pan, letting it soak up the chorizo oil, and fry for 2 mins on each side, until toasted. Transfer to a plate and drizzle the remaining olive oil into the pan. Stir in the garlic and shallots with a pinch of salt, and cook over a medium heat for 5 mins, until beginning to soften. Mix in the kale, a little lemon juice and water, then cover with a lid. Leave the kale to soften for 4-5 mins, then uncover and stir through the lemon zest, chilli flakes (if using) and some seasoning.

3 Spread the ricotta over the toasted bread and season with a pinch of pepper before topping with the kale mix and chorizo. Serve with lemon wedges on the side,.

GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day
PER SERVING 690 kcals • fat 48g • saturates 16g • carbs 28g • sugars 5g • fibre 6g • protein 34g • salt 4g

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5 WAYS WITH berries

Enjoy all the goodness and convenience of frozen berries in speedy smoothies, breakfast bowls, muffins and more

Acai bowl

Try this fruity breakfast smoothie bowl for a quick and easy start to your day. Vary the toppings according to the season.

SERVES 1 **PREP** 5 mins **NO COOK**
EASY **V**

Chop ½ **very ripe banana** and put in a powerful blender with **2 tsp acai powder**, a **handful of frozen berries** and ice cubes with 100ml water. Blitz until smooth, then pour into a bowl. Top with your choice of **1 tsp coconut flakes**, **5 pineapple chunks**, ½ **passion fruit** and **1 tbsp toasted oats**.

GOOD TO KNOW vegan • healthy • gluten free
PER SERVING 180 kcals • fat 8g • saturates 5g • carbs 19g • sugars 13g • fibre 7g • protein 3g • salt 0.1g

Berry protein smoothie

Snack like a champion with this berry smoothie that will beat the mid-morning slump. It contains added protein to help power you through until lunchtime.

SERVES 2 **PREP** 5 mins **NO COOK**
EASY **V**

Peel **1 banana** and put in a blender with **100g frozen mixed berries**, **2 tbsp porridge oats**, **350ml soya milk**, **1 tbsp pea protein**, **1 tsp honey** and a couple of ice cubes. Blend until smooth, then pour into two glasses and enjoy. *Will keep chilled for up to a day.*

GOOD TO KNOW calcium • vit c • 1 of 5-a-day
PER SERVING 182 kcals • fat 5g • saturates 1g • carbs 22g • sugars 11g • fibre 5g • protein 10g • salt none

Banana oat muffins with mix & match toppings

MAKES 12 **PREP** 15 mins plus cooling
COOK 20 mins **EASY** **V** ❄

Heat the oven to 200C/180C fan/gas 6. Line 12 holes of a muffin tin with cupcake cases. Put **200g oats**, **2 ripe bananas**, **2 eggs**, **2 tbsp milled flaxseed or milled chia seeds**, **2 pitted dates**, **1 tsp baking powder** and **50ml milk** into a blender and blitz to make a batter (or do this in a jug using a hand blender). Blitz in up to 50ml more milk, if needed, to make the batter pourable, then pour into the cases. Top with your choice of **frozen berries**, a **couple of date slices** or a sprinkling of **chopped nuts**. Bake for 15-20 mins until well risen and lightly golden. Leave to cool on a wire rack for 15 mins. *Leave to cool completely, then keep frozen for up to three months, or in an airtight container for up to five days.* Serve with a drizzle of **nut butter**, **yogurt**, a drizzle of **maple syrup** and extra defrosted berries, if you like.

PER SERVING 103 kcals • fat 3g • saturates 1g • carbs 15g • sugars 3g • fibre 2g • protein 4g • salt 0.1g

Porridge with quick berry compote, figs & pistachios

SERVES 2 **PREP** 5 mins
COOK 10 mins **EASY** **V**

Put **150g porridge oats**, **100ml milk** and 450ml water in a pan with a pinch of salt. Cook for about 5 mins until thick and creamy. Meanwhile, microwave **120g frozen berries** with the **zest and juice from ½ orange** for 2-3 mins. Toast **1 tbsp pistachios** in a dry frying pan for 1-2 mins on a low-medium heat, then chop once cooled. Slice **1 fig**. Divide the porridge between two bowls and top each with the berry compote, sliced fig and pistachios.

GOOD TO KNOW healthy
PER SERVING 462 kcals • fat 10g • saturates 2g • carbs 62g • sugars 10g • fibre 9g • protein 13g • salt none

Chocolate chia pudding

Make a tasty, healthy chocolate pudding in just five minutes. It's low-calorie and vegan, too, and the chia seeds are a great source of omega-3 fatty acids.

SERVES 4 **PREP** 5 mins plus 4 hrs chilling **NO COOK** **EASY** **V**

Put **60g chia seeds**, **400ml unsweetened almond milk or hazelnut milk**, **3 tbsp cacao powder**, **2 tbsp maple syrup** and **½ tsp vanilla extract** in a large bowl with a generous pinch of sea salt, and whisk to combine. Cover and leave to thicken in the fridge for at least 4 hrs, or overnight. Spoon the pudding into four glasses, then top with **frozen berries** and **cacao nibs** to serve.

GOOD TO KNOW vegan • healthy • low calorie • gluten free
PER SERVING 130 kcals • fat 7g • saturates 1g • carbs 9g • sugars 6g • fibre 7g • protein 4g • salt 0.3g

Brilliantly balanced bento

Tired of dull lunchboxes? Escape the rut with Sara Kiyo Popowa's wonderful 'eat the rainbow', Japanese-inspired ideas

Hiya-yakko (cool tofu scramble bento)

Hiya-yakko is a Japanese summer dish: a block of chilled silken tofu, perked up by soy sauce, grated fresh ginger and spring onions on top. I like making it into a bento, with colourful veggies and a sheet of nori in between the tofu/veggie topping and the rice base. Why the nori? By lunchtime, the tofu has released some liquid, which softens the nori, which mixes with the other seasonings as you dig in – delicious!

MAKES 1 bento **PREP** 15 mins
NO COOK **EASY** **VE**

1 portion of pre-prepped 50/50 rice (see recipe, right)
½ nori sheet
handful of salad greens, like rocket, watercress or baby spinach
¼ avocado, flesh scooped out or sliced
¼ pepper, thinly sliced
1 ripe tomato, roughly chopped
75-100g organic silken tofu
1cm piece of ginger, washed but unpeeled
1 tbsp tamari
1 spring onion, finely sliced
1 tbsp gomashio (any type) or toasted sesame seeds

1 Use a leak-proof box and make a bed of rice that's as even as possible, and lay the nori on top. Rip bits off the nori to fit, and include all of it. Place the salad greens at one end of the bed and top with the avocado, then place the pepper and tomato at the other end. If you have a square box, you can make a diagonal shape.

2 Drain the liquid from the tofu pack and gently slide out your preferred portion directly in between the two veggie mounds. You may need to push down on the tofu with a spoon or your clean hands to break it slightly. Finely grate the ginger over the tofu (using a fine grater or box grater), then drizzle the tamari over and the spring onion, too. Finish with the gomashio (or toasted sesame), in a small mound, to mix in when eating. Close the box and pack in a bento bag or furoshiki (wrapping cloth) with a fork or chopsticks. *Will keep chilled for up to one day.*

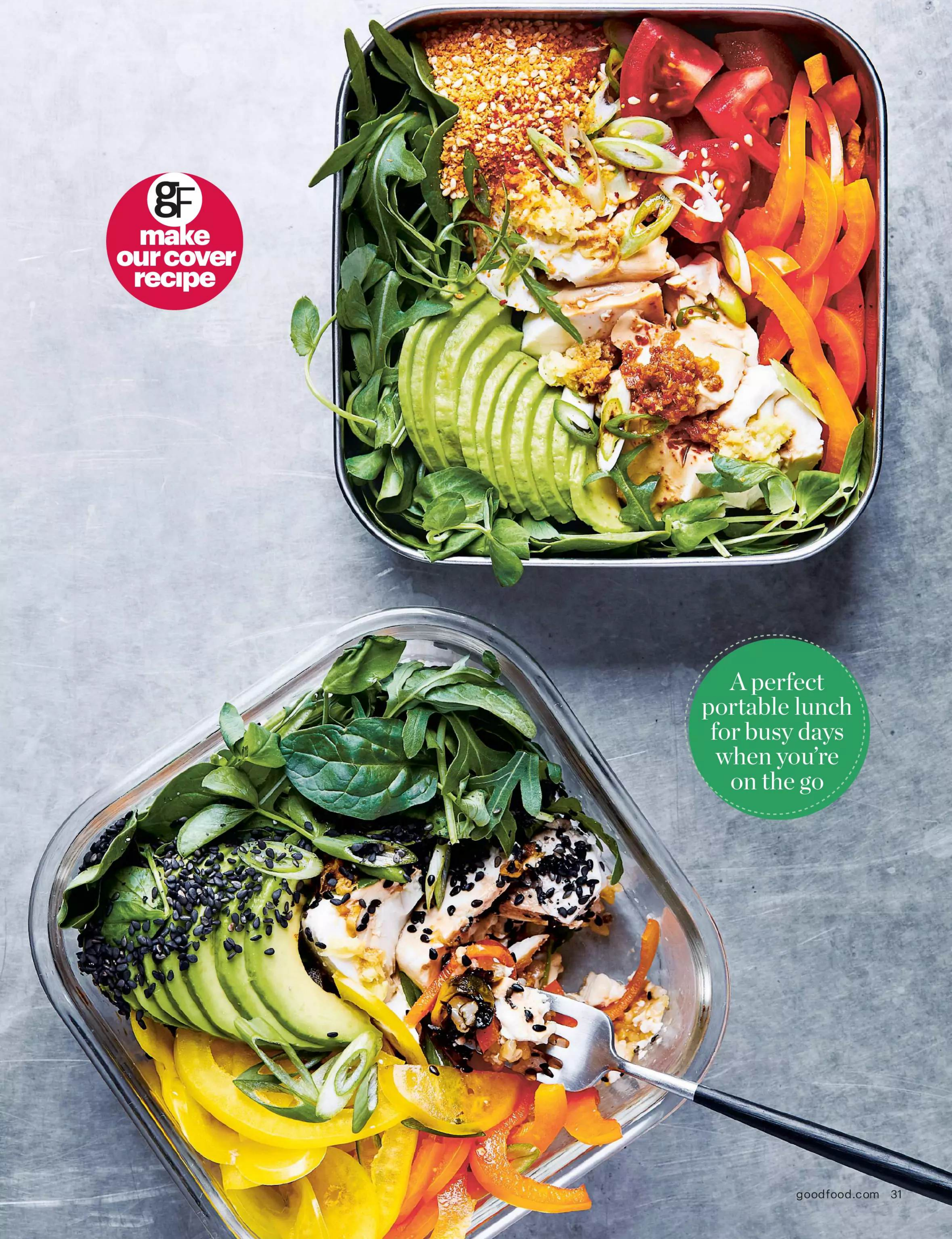
tip

Instead of topping the tofu with tamari, ginger and spring onion, try my Japanese friend Akki's topping: ½ tbsp toasted sesame oil, a good pinch of flaky sea salt and a small bunch of garlic chives, finely snipped with scissors.

50/50 rice

MAKES 2-3 portions **PREP** 10 mins
COOK 30 mins **EASY** **VE**

Wash **110g white Japanese rice** and **110g brown short grain rice** together in a pan of cold water, trying to rub off as much of the cloudy starch as possible. Discard the water and repeat twice. Drain, push a **5cm piece of kombu seaweed** into the rice and add 350ml cold water. Cover and bring to the boil, then simmer over a low heat for 20 mins. Remove from the heat and leave to rest with the lid on for 5 mins. Pick the kombu out and mince finely, then gently fold it back into the rice. Let it cool before packing in your bento or a storage container. *Will keep chilled for up to three days.*



gF make our cover recipe

A perfect portable lunch for busy days when you're on the go

Savoury banana bread

I'm always on the look-out for snacks that are not too sweet, but still have that instant pick-me-up effect in the afternoon (or late morning, or late at night!) and this unique banana bread ticks all of those boxes. It's flour-free, only sweetened with bananas and sultanas, and full of the power of nuts, seeds – and seaweed! I've used miso paste and ginger for a rounded, satisfying flavour. It's seriously good spread with avocado or nut butter, and toasted it's next level!

MAKES 1 loaf (5-8 slices)
PREP 15 mins **COOK** 30 mins
EASY **VE** ❄

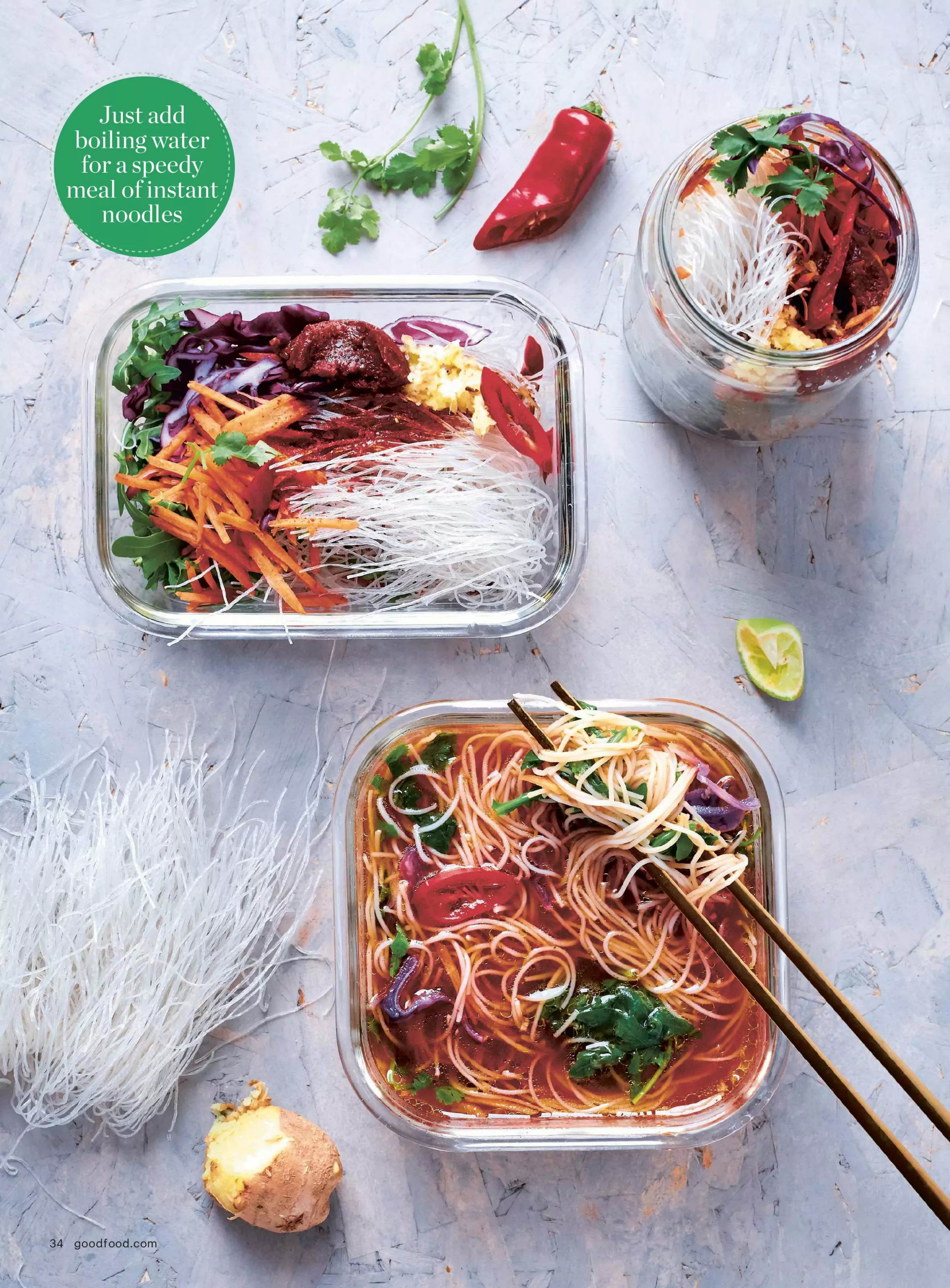
50g rolled jumbo oats
50g almonds (blanched or whole)
50g sunflower seeds
1½ tsp baking powder
60g raisins
10g hijiki seaweed
3 ripe bananas (300g peeled weight), plus 1 to decorate, cut lengthways
1 tbsp brown rice miso
4cm piece of ginger, finely grated, juice hand-squeezed straight into the mix (pulp discarded)

1 Heat the oven to 180C/160C fan/gas 4. Line a 20cm x 10cm loaf tin with baking parchment. Put the oats, almonds, sunflower seeds and baking powder into a blender or food processor, and blitz to make a coarse flour. Transfer to a bowl and mix in the raisins and seaweed.

2 Without washing your blender (or food processor), blend the bananas, 100ml water, miso and ginger until smooth. Gently fold the wet mixture into the dry mixture, to a loose porridge consistency. Take care not to mix it too much, so leave some lumps of flour in.

3 Pour into the tin and lay the banana halves on top. Bake for 30-35 mins until the bread doesn't wobble when prodding the tin – it's better slightly under-baked than over-baked.

4 Cover with a clean tea towel, then turn the loaf upside down in the tin to keep the moisture in and leave to cool completely on a board. Once cool, cut into slices or bite-sized squares. *Will keep wrapped and chilled for up to five days or frozen for up to one month.*



Just add boiling water for a speedy meal of instant noodles

Busy days instant noodle bento

I ate so many instant noodle meals as a university student – back then, I had no idea I could make my own wholesome version in minutes! Thin dry rice vermicelli rehydrates quickly in hot water, so just place them dry in a heatproof container, add a delicious miso paste and ginger soup base, plus raw veggies (you can use any veggie as long as it's sliced thin or grated). When you're ready to eat, it's just like the original – pour boiling hot water over, wait a few minutes, then slurp down your instant noodle soup.

SERVES 1 **PREP** 15 mins **COOK** 5 mins **EASY** **VE**

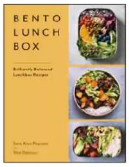
½ nest (50-75g) dried rice vermicelli
handful of salad greens, like rocket, watercress or baby spinach
½ small carrot, grated
small piece of red cabbage, cut into thin slices
1 tbsp brown rice miso paste
1 tbsp toasted sesame oil
1 tbsp tamari
2cm piece of ginger, washed but not peeled, finely grated straight into your bento
fresh chilli, sliced, or chilli flakes, to taste
fresh coriander, to taste (optional)
slice of lime, to serve (optional)

1 Use a leak-proof box or a repurposed jar with a lid for this bento. Break a whole, dried nest of noodles in half (over your sink, as pieces will fly everywhere!), then jam one half into your container with the rest of the ingredients. No need to arrange neatly, for this bento! Close tightly and pack your container in a bento bag or furoshiki with a fork or chopsticks.

2 To serve, remove the lime slice, if using, pour boiling water over to submerge the ingredients, close the lid, leave for 5 mins or a little more, then open, squeeze the lime over and eat.

tip

- **Meal prep a few busy days instant noodle bentos and keep ready to go in the refrigerator. Less perishable veggies like carrot, cabbage and broccoli are best used for this – salad greens and herbs can be added on the day.**
- **Cubed firm tofu or cooked beans are both great added to your bento as a protein boost. The bento box will keep chilled for up to three days as long as the noodles have not yet been rehydrated.**



Recipes extracted from *Bento Lunchbox* by Sara Kiyo Popowa (£20, Kyle Books). Photographs © Sara Kiyo Popowa. Recipes are not retested by us.

Raw cashew crumble with cashew cream

This crumble tastes like my memory of (naughtily) eating unbaked crumble dough as a kid (but this one won't give you a tummy ache!). It is thrown together in moments from storecupboard staples and is great for making any bento a bit special. Pack it in a small leak-proof container to take with you. As with all of my sweets, it's more of a mini-meal/snack rather than a sugar bomb. Instead of cashew cream, you can use any plant-based yogurt but I really recommend giving the cream a go, it's magic how it comes together just from nuts!

SERVES 2-3 **PREP** 20 mins plus soaking **NO COOK** **EASY** **VE**
❄ *crumble mix only*

For the crumble
50g rolled jumbo oats
50g cashews
½ tsp vanilla powder
6-8 (40g) pitted dates
2 tbsp odourless raw coconut oil (no need to melt)

For the cashew cream
60g cashews, soaked for 10-15 mins or overnight (see tip, right)
4-6 pitted small dates (about 30g), halved (soaked in a little hot water for 10 mins, if hard – include the soaking water to blend)
¼ tsp vanilla powder

To assemble
300g frozen raspberries, or chopped-up juicy fruit like ripe peaches

1 To make the crumble, place the oats, cashews, vanilla and ¼ tsp flaky sea salt in a blender and blitz to make a coarse flour. Add the dates (cutting them in half straight into the blender with scissors), and blend to a moist, coarse flour. Add the coconut oil and pulse a few times to form a crumble. Use straight from the blender jug. *Leftovers will keep chilled in an airtight container for up to two weeks or frozen for one month.*

2 To make the cashew cream, put all the ingredients in a blender with 100ml water and blitz on the highest setting until very thick, light-coloured and fluffy – this will take 1 min or so in a standard blender. If you prefer your cream a little thinner, add a little more water. *Will keep chilled for up to three days.*

3 To assemble the bento, layer the crumble mixture, berries and cashew custard in small containers with lids to take away, or in glasses for you to eat at home.

tip

Quick-soak the cashews in plenty of hot water for 10-15 mins, then drain and rinse cold, or soak them overnight, or for at least four hours, in cold water, then drain.

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BONUS RECIPE

Healthy beef chow mein

SERVES 2 **PREP** 10 mins **COOK** 10 mins **EASY**

- 2 wholemeal noodle nests (85g)
- 2 tsp rapeseed or sesame oil
- 200g lean fillet steak, fat removed and cut into thin strips
- 1 small red onion (100g), finely chopped
- 15g piece of ginger, finely chopped
- 160g chestnut mushrooms, thickly sliced
- 2 garlic cloves, finely chopped
- 160g ready-to-eat beansprouts
- 1½ tsp tamari
- 1 tbsp brown rice vinegar
- 4 spring onions (65g), cut into diagonal lengths

1 Cook the noodles following pack instructions. Meanwhile, heat half the oil in a wok and stir-fry the beef over a high heat for 30 seconds until browned. Tip onto a plate, set aside, then add the remaining oil to the wok. Stir-fry the onion and ginger until softened. Add a drop of water to prevent burning, if needed, and then cook, covered, for a further 2-3 mins.

2 Stir in the mushrooms and garlic, and fry for about 3 mins until they start to soften, then add the beansprouts and cook for a minute or two more until piping hot.

3 Mix the tamari and vinegar together in a small bowl with 2 tbsp water. Tip the drained noodles into the wok, toss well, then add the tamari mixture, spring onions and the beef. Stir-fry for a few minutes until heated through. Season with plenty of black pepper.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • 2 of 5-a-day

PER SERVING 407 kcals • fat 11g • saturates 3g • carbs 41g • sugars 10g • fibre 8g • protein 32g • salt 1g

Make it tonight

Update your weeknight repertoire with a host of nutritious dinners

Healthy chicken burritos

Use storecupboard ingredients and leftovers to make this easy, nourishing lunch. The filling for the burritos can be made ahead.

SERVES 4 **PREP** 10 mins
COOK 25 mins **EASY**

- 2 tsp rapeseed oil
- 1 large red pepper, halved lengthways, deseeded and cut into thick strips
- 1 tsp cumin seeds
- 2-3 tsp mild chilli powder, to taste
- 400g can black beans
- 198g can sweetcorn, drained
- 1 tbsp tomato purée
- 1 large garlic clove, finely grated
- 220g pouch cooked wholegrain rice (or leftover cooked brown rice)
- 300g cooked chicken, sliced or shredded (or a mixture of leg and breast meat left over from a roast)
- 15g coriander, chopped
- 2 small avocados, stoned and quartered
- 1 lime, juiced
- 4 large wholemeal tortilla wraps

1 Heat the oil in a large non-stick frying pan and cook the pepper, covered, for 10 mins over a low heat until softened and lightly charred.

2 Meanwhile, in a dry frying pan, toast the spices gently over a low heat for 2-3 mins until fragrant, then tip in the beans, along with their liquid, the sweetcorn, tomato purée and garlic. Mix well and turn the heat up to medium so the mixture bubbles, then stir in the rice, chicken and coriander. Cook for 3-4 mins until piping hot. *Will keep chilled for up to a day. Leave to cool completely first. Reheat in a pan or the microwave until piping hot.*

3 Toss the avocados in a bowl with the lime juice. Lay the tortillas out on a work surface and pile the rice down the centre, leaving a space at either side. Top with the peppers and avocado, then fold up the tortillas at each end to enclose the filling and tightly roll up the wrap. Put in the pan that you cooked the peppers in, seam-side down, and cook gently on each side over a low heat for 2-3 mins until lightly toasted. You may need to do this in batches.

GOOD TO KNOW healthy • fibre • vit c • 3 of 5-a-day
PER SERVING 529 kcals • fat 20g • saturates 4g • carbs 46g • sugars 7g • fibre 13g • protein 36g • salt 0.7g

Sausage & kale minestrone

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY**

- 1 tbsp vegetable oil
- 1 red onion, finely chopped
- 3 sausages, skins removed
- 2 garlic cloves, finely grated
- ½-1 red chilli, depending on how much heat you prefer, sliced
- ½ large head of broccoli, finely chopped
- 2 courgettes, sliced into half-moons
- 200g small pasta (we used ditalini)
- 1.5 litres chicken stock, made with low-salt chicken stock cube
- 200g curly kale or cavolo nero, stalks removed, roughly chopped
- 1 lemon, zested and juiced
- 20g parmesan, shaved

1 Heat the oil over a medium heat in a large, deep pot that has a lid. Cook the onion for 10 mins, until softened and golden at the edges.

2 Crumble in the sausages, breaking into bite-sized pieces using a spoon. Cook for 7-8 mins, until golden and crisp. Stir in the garlic and chilli.

3 Add the broccoli and courgettes. Cook for 10-12 mins, until soft, then add in the pasta and chicken stock. Stir to combine, then bring to a boil. Reduce to a simmer, put the lid on and cook for 8-10 mins, until the pasta is almost cooked.

4 Wilt in the kale in batches and cook for a further 2-3 mins, until the kale is cooked and the pasta is al dente. Squeeze in the lemon juice and season well. Divide between bowls and sprinkle over the lemon zest and parmesan shavings to serve.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 408 kcals • fat 15g • saturates 5g • carbs 15g • sugars 7g • fibre 10g • protein 18g • salt 1g

Sticky lemon chicken traybake

SERVES 4 **PREP** 10 mins **COOK** 50 mins **EASY**

2 potatoes (about 600g), chopped
1 red onion, sliced
300g pak choi, cut into quarters
1 tsp vegetable oil
4 skin-on and bone-in chicken thighs
2 tbsp honey
1 lemon, zested and juiced
1 tbsp fish sauce
10g ginger, grated
1 red chilli, thinly sliced
10g coriander, roughly chopped
2 spring onions, sliced
jasmine rice, to serve

1 Heat the oven to 200C/180C fan/gas 6. Put the potatoes, onion and pak choi in a large roasting tray, drizzle with the oil and season. Nestle the chicken thighs on top.
2 Mix the honey with the lemon juice and zest, fish sauce and ginger, then spoon over the chicken. Cover with foil and bake for 30 mins.
3 Remove the foil and increase the heat to 220C/200C fan/gas 8. Roast for 20 mins more, until the chicken is cooked through.
4 Serve sprinkled with the chilli, coriander and spring onions, alongside some jasmine rice.

GOOD TO KNOW low cal • folate • vit c • 1 of 5-a-day • gluten free
PER SERVING 409 kcals • fat 14g • saturates 4g • carbs 41g • sugars 14g • fibre 5g • protein 26g • salt 1.4g

Calming green soup

SERVES 4 **PREP** 10 mins **COOK** 40 mins **EASY** **V**

1½ tbsp vegetable oil
2 red onions, chopped
2 garlic cloves, finely grated
2 tsp cumin seeds
2 courgettes, roughly chopped
1 large potato (around 300g), peeled and roughly chopped
1.3 litres vegetable stock, made with a low-salt stock cube
250g frozen peas
400g baby spinach
20g mint, roughly chopped, plus a few leaves left whole to serve
150ml pot low-fat natural yogurt, to serve

1 Heat the oil in a large, deep pan and cook the onions with a large pinch of salt for 10-12 mins until softened but not golden. Add the garlic, cumin seeds, courgettes and potatoes, and cook for 5-6 mins, stirring often, until softened. Cover with the stock and season well.
2 Bring to the boil, reduce to a simmer and bubble for 15-20 mins, or until the potatoes are very soft.
3 Pour in the peas and wilt in the spinach in handfuls. Sprinkle in the chopped mint and cook for 3 mins, then blend in a blender or using a hand blender. Season and divide between bowls, then top with the yogurt, remaining whole mint leaves and a grinding of black pepper.

GOOD TO KNOW healthy • low fat • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 281 kcals • fat 7g • saturates 1g • carbs 31g • sugars 15g • fibre 10g • protein 13g • salt 1g

Juicy prawn & lemongrass burgers

These lighter seafood burgers are wonderfully fragrant, thanks to the lemongrass and chilli.

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY**

- 200g raw king prawns, shelled and roughly chopped
- 1 spring onion, roughly chopped
- ½ tbsp lemongrass paste
- 2 garlic cloves, grated
- ½ red chilli, finely chopped
- 10g coriander, roughly chopped
- 2 gluten-free burger buns, split
- 1 tbsp sunflower oil
- ½ cucumber, peeled into ribbons (avoiding the seeded core)
- ½ lime, juiced
- 2 tbsp sriracha mayonnaise, to serve (optional)

1 Put a quarter of the chopped prawns in a small bowl and set aside, then tip the rest into the bowl of a food processor. Add the spring onion, lemongrass paste, garlic, chilli and coriander, then pulse to a paste. Stir in the reserved chopped prawns and season well.
2 Form the mixture into two chunky burger patties using dampened hands and then set aside on a sheet of baking parchment.
3 Heat a frying pan over a medium heat and toast the cut sides of the buns until golden. Remove from the pan and set aside on two plates. Drizzle the oil in the pan and, once shimmering, cook the prawn patties for 3-4 mins on each side, covering with a lid for the final minute, until golden and cooked through.
4 Meanwhile, combine the cucumber ribbons with the lime juice and a pinch of salt. Set aside.
5 Spread the mayonnaise over the base of each burger bun, if using, then top with a prawn pattie, some cucumber pickle and the bun tops. Serve straight away.

GOOD TO KNOW low cal • fibre • vit c • 1 of 5-a-day • gluten free
PER SERVING 352 kcals • fat 12g • saturates 1g • carbs 44g • sugars 8g • fibre 6g • protein 14g • salt 1.7g

A tasty treat if you follow a pescatarian diet

Spicy bean & avocado quesadillas

Enjoy a deliciously spicy lunch that's quick to make and is packed full of great flavours.

SERVES 2 **PREP** 5 mins
COOK 15 mins **EASY** **V**

- 1 small red onion, halved and thinly sliced
- 1 lime, ½ juiced, ½ cut into wedges to serve
- ½ tbsp rapeseed oil, plus a drop
- 1 large garlic clove, finely grated
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 400g can black beans
- 1 tomato, chopped
- 1 tbsp tomato purée
- 1 tsp vegetable bouillon powder
- 2 large wholemeal tortillas
- 1 avocado, peeled, stoned, halved and sliced
- 2 tbsp chopped coriander, plus a few sprigs to serve

1 Combine half the onion with the lime juice in a non-metallic bowl and set aside to pickle.

2 Heat the oil in a non-stick pan over a medium heat and cook the remaining onion for a few minutes until softened. Add the garlic and spices, stir for a few seconds, then tip in the beans along with the liquid from the can. Stir in the chopped tomatoes, tomato purée and bouillon powder, and cook over a low heat for 8 mins, or until the beans have softened and the liquid has reduced. Mash the beans roughly to break some of them down and to thicken the mixture.

3 Rub a drop of oil over a large non-stick frying pan using a sheet of kitchen paper, and put one tortilla in the pan. Spread over the bean mixture, then cook over a low heat for 2 mins until the tortilla is crisp and golden. Stir the avocado, coriander and pickled onions together, then scatter this over the bean mixture and press the other tortilla on top, tucking the edges in to enclose the filling. Carefully flip over using a wide spatula and cook for 2 mins more until crisp. Slide onto a plate and cut into triangles. Serve with the lime wedges for squeezing over, and garnish with coriander sprigs.

GOOD TO KNOW vegan • healthy • low cal • fibre • vit c • 3 of 5-a-day

PER SERVING 494 kcals • fat 19g • saturates 3g • carbs 55g • sugars 8g • fibre 17g • protein 18g • salt 0.7g

> The perfect way to add a touch of spice to your lunchtime

Roasted harissa red cabbage with coriander & almond bulgur

Combine bulgur wheat studded with raisins and almonds with roasted red cabbage that's flavoured with rose harissa.

SERVES 2 **PREP** 10 mins
COOK 1 hr **EASY** **V**

- ½ red cabbage, sliced into 4 wedges
- 2 tbsp olive oil
- 2 tbsp rose harissa
- 160g bulgur wheat
- 10g coriander, finely chopped
- 2 tbsp flaked almonds, toasted
- 2 tbsp golden raisins (optional)
- 150g low-fat natural yogurt
- 1 lime, zested and juiced

1. Heat the oven to 200C/180C fan/gas 6 and line a large roasting tray with baking parchment. Arrange the red cabbage wedges over the tray, then drizzle over 1 tbsp of the oil and all of the harissa. Season well. Massage the oil and harissa into the cabbage using your hands. Cover the tray with foil, then bake for 50 mins-1 hr, removing the foil halfway.

2. Meanwhile, cook the bulgur wheat following pack instructions. Stir through the remaining 1 tbsp oil, most of the coriander, the almonds and raisins (if using), then season with salt and pepper. Set aside.

3. Mix the yogurt with the lime zest and juice, the rest of the coriander and seasoning. Divide the bulgur between bowls, top with roasted cabbage and drizzle over the yogurt.

GOOD TO KNOW calcium • folate • fibre • vit c • 1 of 5-a-day
PER SERVING 550 kcals • fat 24g • saturates 4g • carbs 58g • sugars 21g • fibre 10g • protein 21g • salt 0.6g

Loaded potato skins with speedy baked beans

Think cheesy potato skins topped with baked beans doesn't sound healthy? They can be, and here's how.

SERVES 2 **PREP** 10 mins **COOK** 1 hr 5 mins **EASY** **V**

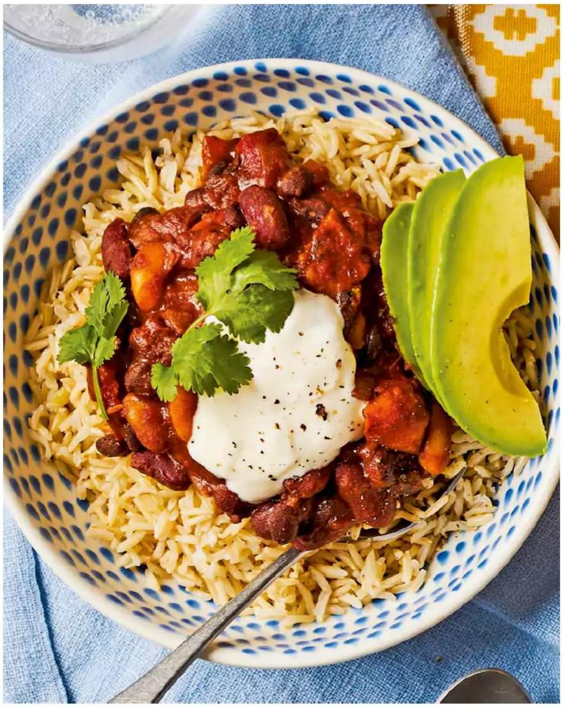
2 baking potatoes (about 250g each)
½ tsp rapeseed oil, plus a drizzle
50g mature cheddar or vegetarian alternative, finely grated
2 spring onions, white parts finely chopped (save the greens to use in another recipe)
2 garlic cloves, finely grated
2 tbsp tomato purée
1 tbsp balsamic vinegar
1 tsp smoked paprika
400g can cannellini beans

1 Heat the oven to 220C/200C fan/gas 7. Rub the potatoes with a drizzle of the oil, then put on a baking tray and bake for 50 mins until almost tender. Toss the cheese and onions together, and set aside.

2 Meanwhile, heat the rest of the oil in a small non-stick pan and fry the garlic over a low heat for about a minute, stirring to soften. Add the tomato purée, vinegar and paprika, and cook, stirring, for about a minute more. Tip in the beans and the liquid from the can. Cook for a few minutes so the beans are coated in the sauce, then turn off the heat. Set aside until the potatoes are ready.

3 Halve the cooked potatoes lengthways. Carefully scoop out the middles using a teaspoon to create a shell, with an even layer of potato all the way round. Don't take out too much, just about 50g from each potato. Pile on the cheese and onion, then return to the oven for 15 mins until golden. To serve, gently reheat the beans and spoon on top of the cheesy potato skins.

GOOD TO KNOW healthy • low fat • low cal • fibre • 2 of 5-a-day • gluten free
PER SERVING 414 kcals • fat 10g • saturates 5g • carbs 54g • sugars 8g • fibre 13g • protein 20g • salt 1g



Three-bean chilli

SERVES 6-8 **PREP** 20 mins **COOK** 1 hr 20 mins **EASY** **V**

2 tbsp vegetable oil
2 onions, finely chopped
4 garlic cloves, finely chopped
2 yellow peppers, deseeded and roughly chopped
2 roasted red peppers from a jar, drained and roughly chopped
15g coriander, stalks finely chopped and leaves left whole to serve
2 tsp ground cumin
1 tsp ground coriander
¼ tsp ground cinnamon
2 tsp dried oregano
1 tbsp light brown soft sugar
1-2 tbsp chipotle paste (optional)
400g can each black beans, kidney beans and cannellini beans
400g can chopped tomatoes
300ml vegetable stock
20g dark chocolate, roughly chopped
rice, lime wedges, sliced avocado and soured cream, to serve

1 Heat the oil in a deep pan or flameproof casserole dish over a medium-low heat. Stir in the onions with a pinch of salt and cook for 10-12 mins until softened. Tip in the garlic and peppers, and cook for 5 mins more. Mix in the coriander stalks, spices, oregano, sugar and chipotle paste, if using. Cook for a further 5 mins, until everything is well combined and softened. Pour in the beans, along with their liquid, the tomatoes and stock. Season well and bring to a simmer.

2 Leave to simmer on a low heat for 1 hr-1 hr 10 mins until thickened and reduced. Stir in the dark chocolate and season to taste. Serve over rice with lime wedges and the avocado, soured cream and coriander on top.

GOOD TO KNOW healthy • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING (8) 198 kcals • fat 5g • saturates 1g • carbs 25g • sugars 10g • fibre 10g • protein 9g • salt 0.4g

Sausage & soy fried rice

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY**

- 1 tbsp vegetable oil
- 4 spring onions, finely sliced
- ½-1 red chilli, finely chopped
- 3 garlic cloves, finely grated
- 10g ginger, peeled and finely grated
- 3 sausages, chopped into bite-sized pieces
- 2 courgettes, sliced into half-moons
- 200g frozen peas
- 750g cooked jasmine rice (either from leftovers or pouches)
- 2 tbsp low-salt soy sauce
- 1 tsp sesame oil
- 10g coriander, chopped
- 1 tbsp black sesame seeds (optional)

1 Heat the vegetable oil in a large frying pan over a medium-high heat. Cook the spring onions, chilli, garlic and ginger for 3-4 mins, until fragrant and starting to turn golden.

2 Add the sausage pieces and cook for 5-6 mins, until browned at the edges. Tip in the courgettes and cook for another 7-8 mins, stirring often, until the courgettes are softened and the sausages are cooked through.

3 Stir in the peas, rice, soy sauce and sesame oil. Cook for 5 mins more, until everything is piping hot. Sprinkle over the coriander and sesame seeds, if using, and serve.

GOOD TO KNOW low cal • vit c • 1 of 5-a-day
PER SERVING 491 kcals • fat 12g • saturates 3g • carbs 18g • sugars 6g • fibre 5g • protein 15g • salt 1.2g

Noodles with crispy tofu

SERVES 4 **PREP** 15 mins
COOK 25 mins **EASY** **V**

- 300g firm tofu, patted dry then sliced into 2cm cubes
- 2 tbsp cornflour
- 250g medium egg noodles
- 1 tbsp vegetable oil
- 2 spring onions, sliced
- ½-1 red chilli, finely chopped
- 15g ginger, finely grated
- 3 garlic cloves, finely grated
- 1½ tsp Chinese five-spice
- ½ large head of broccoli, finely chopped
- 2 red peppers, sliced
- 200g frozen peas
- 2 tbsp light soy sauce
- 1 tbsp crispy chilli oil, plus extra to serve (optional)
- 10g coriander, chopped
- 1 lime, juiced

1 Heat the oven to 220C/200C fan/gas 7. Toss the tofu and cornflour together in a large bowl and season. Tip onto a lined baking tray and spread out to an even layer, and cook for 15-20 mins, until crisp and golden.

2 Meanwhile, cook the noodles following pack instructions, then rinse well in cold water so they don't clump together.

3 While the noodles are cooking, add the oil to a large frying pan over a high heat. Once shimmering, stir-fry the spring onions, chilli, ginger and garlic for 2-3 mins. Sprinkle in the Chinese five-spice and stir to combine, then add the broccoli, peppers and peas.

4 Cook for 10-12 mins, stirring regularly, until softened and charring at the edges. Stir in the cooked noodles, soy sauce, chilli oil, coriander and half the lime juice, tossing to combine (it's easier to use two wooden spoons). Toss the crispy tofu with the other half of the lime juice. Divide the noodles between four bowls and top with the crispy tofu. Serve with a sprinkling of extra crispy chilli oil, if you like.

GOOD TO KNOW calcium • folate • vit c • iron • 2 of 5-a-day
PER SERVING 500 kcals • fat 13g • saturates 2g • carbs 64g • sugars 10g • fibre 13g • protein 26g • salt 1.7g

Pulled chicken bowl

Enjoy this budget-friendly chicken and spinach dish served with rice and tortilla chips.

SERVES 2 **PREP** 15 mins
COOK 35 mins **EASY**

- 1 tbsp vegetable oil
- 3 chicken thighs
- 1 red onion, sliced
- 3 garlic cloves, crushed
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tsp smoked paprika
- 2 tbsp tomato purée
- 300ml passata
- 50ml low-sugar barbecue sauce
- 150g spinach
- 1 lime, juiced
- 250g brown rice, to serve (optional)
- 10g coriander, roughly chopped
- tortilla chips, to serve

1 Heat the vegetable oil in a large flameproof casserole dish over a medium heat. Add the chicken and brown on each side for about 3-4 mins, then set aside on a plate.

2 Tip in the red onion, scraping up the chicken fat on the bottom of the pan with a spatula. Cook for 5-6 mins until beginning to soften, then add the garlic, ground cumin, ground coriander, smoked paprika and tomato purée. Cook for 3-4 mins until the purée has darkened.

3 Pour in the passata, barbecue sauce and 150ml water, bring to the boil, then return the chicken to the dish and reduce to a simmer. Cook for 25 mins until the sauce has reduced and the chicken is tender. Remove the chicken, shred with two forks, then stir back in. Add the spinach in handfuls and stir to wilt.

4 Squeeze in the lime and season. Divide the rice between bowls and top with the chicken. Sprinkle over the coriander and serve with tortilla chips.

GOOD TO KNOW low cal • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free

PER SERVING 477 kcals • fat 16g • saturates 3g • carbs 49g • sugars 17g • fibre 11g • protein 29g • salt 0.6g

Can also be used as a tasty filling in a burger bun or burrito

Tahini noodles with red cabbage & peppercorn slaw

Serve up this speedy noodle dish in just 15 minutes. Sichuan peppercorns have an amazing flavour and grapefruit aroma, but you could also use chilli flakes.

SERVES 2 **PREP** 5 mins **COOK** 10 mins **EASY** **V**

½ red cabbage, finely shredded
½ tsp Sichuan peppercorns, toasted and lightly crushed
5g coriander, roughly chopped
1 lime, juiced
3 tbsp tahini
2 garlic cloves, grated
3 tsp low-salt soy sauce
1 tsp crispy chilli oil, plus extra to serve (optional)
140g dried egg noodles (2 nests)

1 Toss the cabbage with the peppercorns, coriander and some seasoning. Squeeze over the lime juice, then scrunch it well together. Set aside. *Will keep chilled in an airtight container for two days.*

2 Whisk the tahini, garlic, soy sauce and crispy chilli oil together in a large bowl. Cook the noodles in a pan of boiling salted water following pack instructions until tender. Drain, reserving 125ml of the cooking water. Whisk the reserved water into the tahini sauce, then toss through the noodles.

3 Serve the noodles in bowls topped with the slaw.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 1 of 5-a-day
PER SERVING 485 kcals • fat 16g • saturates 2g • carbs 60g • sugars 7g • fibre 13g • protein 18g • salt 1.4g

Veggie sausage casserole

SERVES 4 **PREP** 15-20 mins **COOK** 1 hr **EASY** **V**

2 tbsp olive oil
8 vegetarian sausages
1 large red onion, finely chopped
2 celery sticks, finely chopped
2 carrots, finely chopped
3 garlic cloves, finely chopped
1 tsp sweet smoked paprika
1 tsp fennel seeds (optional)
few sprigs of thyme, rosemary or sage
2 tbsp tomato purée
1 tbsp balsamic vinegar
400g can plum tomatoes
250ml vegetable stock
400g can butter beans
60g fresh vegetarian pesto
warm crusty bread, to serve (optional)

1 Heat the oil in a large flameproof casserole dish over a medium-high heat. Add the sausages and quickly stir to coat in the oil. Cook for 5-7 mins until browned all over, then set aside on a plate. Turn the heat down to medium and stir in the onion, celery and carrots with a big pinch of salt. Cook for 8-10 mins until softened but not coloured.

2 Stir in the garlic, paprika and fennel seeds, if using, and cook for 1-2 mins until fragrant. Stir in the herb sprigs and tomato purée. Stir well to coat everything and cook for 5 mins until the tomato purée has caramelised and turned dark red. Add the vinegar, tomatoes, stock and beans, along with their liquid, then rinse out the tomato can with water and add that too. Bring to a simmer and return the sausages to the pan. Simmer gently for 40-45 mins, stirring frequently, until the sauce has thickened. Season to taste, fish out the herb sprigs and discard.

3 Drizzle over the pesto and then serve with warm crusty bread, if you like.

GOOD TO KNOW low cal • fibre • 4 of 5-a-day
PER SERVING 300 kcals • fat 13g • saturates 2g • carbs 27g • sugars 13g • fibre 13g • protein 11g • salt 1.4g

Sticky tempeh stir-fry

This stir-fry uses tempeh, a source of protein made from soy beans.

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY** **V**

- 2-3 tbsp vegetable oil
- 200g tempeh, torn into chunks
- 1 red onion, finely sliced
- 3 garlic cloves, roughly chopped
- 1 stick of lemongrass, chopped into thirds (optional)
- 2cm piece of ginger, peeled and roughly chopped
- 1 red chilli, roughly chopped (deseeded if you prefer)
- 100g mange tout, sliced at an angle
- 100g long-stem broccoli, chopped
- 2 tbsp low-salt soy sauce
- 1 tbsp brown sugar
- 15g coriander, roughly chopped
- 200g pouch cooked brown rice

1 Heat 2 tbsp of the oil in a wok or large frying pan over a high heat. Once shimmering, fry the tempeh for 3-4 mins until golden and charred at the edges. Remove from the pan and drain on kitchen paper.

2 Add a drizzle of oil to the pan if it's dry, then fry the onion for 3-4 mins, stirring continuously. Once softened, tip in the garlic, lemongrass, if using, ginger and chilli. Cook for 3 mins, stirring frequently, until fragrant.

3 Toss through the mange tout and broccoli, then pour in 50ml water to create steam. Cook for 3-4 mins. Add the soy sauce and brown sugar. Return the tempeh to the pan and toss to combine, cooking 2-3 mins more until everything is tender and sticky. Stir in half the coriander.

4 Cook the rice following pack instructions, then divide between bowls. Top with the stir-fry and remaining coriander.

GOOD TO KNOW vegan • folate • fibre • vit c • iron • 1 of 5-a-day

PER SERVING 554 kcals • fat 20g • saturates 1g • carbs 56g • sugars 23g • fibre 14g • protein 30g • salt 1.5g

Mushroom & butter bean toasts with crispy chorizo

Make these moreish chorizo and mushroom toasts when you need a speedy dinner for two.

SERVES 2 **PREP** 20 mins
COOK 30 mins **EASY**

65g diced chorizo
1 onion, finely chopped
150g chestnut mushrooms, sliced
400g can butter beans
10g flat-leaf parsley, roughly chopped, plus a few whole leaves
½ lemon, juiced
2 slices of gluten-free sourdough
1 garlic clove

1 Cook the chorizo in a deep frying pan over a low heat, stirring often, for about 5 mins until it has released its oils and crisped up. Transfer to a bowl using a slotted spoon, leaving the oil behind.

2 Cook the onion in the pan for 8-10 mins over a medium heat until beginning to soften. Turn up the heat, add the mushrooms and cook for 6-8 mins until golden. Pour in the butter beans along with the liquid from the can, then rinse out the can with 50ml water and add this, too. Bring to the boil, then reduce the heat to a simmer and cook for 2-3 mins.

3 Roughly mash half the butter beans to thicken the sauce, then season well. Stir in most of the chopped parsley and squeeze in the lemon juice. Remove from the heat.

4 Toast the bread in a toaster or under a hot grill until golden, then rub over the garlic clove. Divide between two plates, then ladle over the beans. Sprinkle with the crispy chorizo and whole parsley leaves.

GOOD TO KNOW low cal • fibre • vit c • 2 of 5-a-day • gluten free

PER SERVING 403 kcals • fat 14g • saturates 4g • carbs 42g • sugars 8g • fibre 12g • protein 21g • salt 1.7g

Try this healthier version of a classic family favourite

Tuna pasta bake

SERVES 4 **PREP** 10 mins
COOK 45 mins **EASY**

- 2 tsp rapeseed oil
- 1 large red pepper, deseeded and diced
- 2-3 large garlic cloves, chopped
- 500g passata
- 1 tsp dried oregano
- ½ tsp chilli flakes
- 1 large aubergine, chopped
- 2 tsp capers (not in salt)
- 30g basil, chopped
- 2 x 110g cans tuna in spring water, drained
- 300g wholemeal penne

For the topping

- 250g quark
- 1 egg
- 50g finely grated parmesan
- ½ tsp dried oregano

1 Heat the oven to 200C/180C fan/gas 6. Heat the oil in a pan and fry the pepper for a few minutes to soften. Add the garlic and cook for 1 min.
2 Pour in the passata, then stir in the oregano, chilli flakes, aubergine, capers and half the basil. Add the tuna but don't stir too much as you don't want to break it all up. Cover and simmer over a low heat for 15 mins until the aubergine is tender.
3 Meanwhile, cook the pasta following pack instructions. Tip the quark into a bowl and beat in the egg and three-quarters of the parmesan.
4 Drain the pasta and tip into a deep 30cm x 20cm ovenproof dish. Spread over the cheesy mixture to coat. Sprinkle with most of the remaining parmesan and oregano, and bake for 15-20 mins. Scatter over the last of the basil and reserved parmesan.

GOOD TO KNOW healthy • low fat • calcium • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 502 kcals • fat 9g • saturates 3g • carbs 63g • sugars 13g • fibre 12g • protein 36g • salt 0.9g

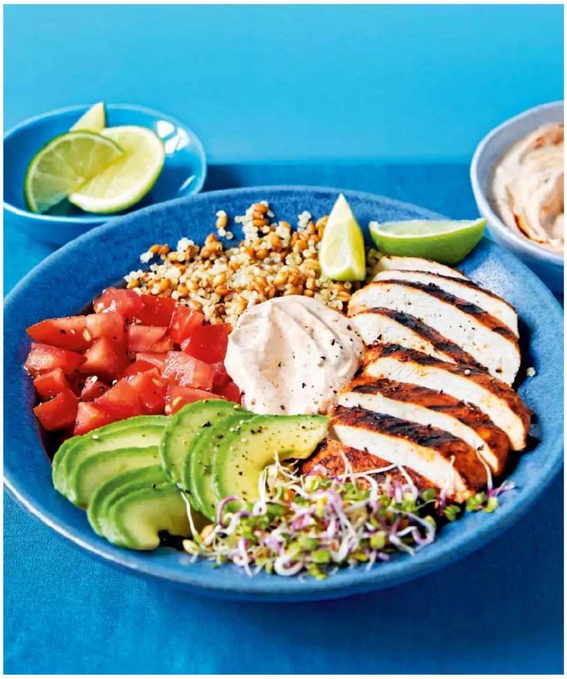
Creamy halloumi & tomato curry

SERVES 2-3 **PREP** 5 mins **COOK** 20 mins **EASY** **V** ❄

225g block halloumi or vegetarian alternative
2 tbsp flavourless oil (such as vegetable or sunflower oil)
1 large onion, chopped
2 garlic cloves, crushed
thumb-sized piece of ginger, grated
2 tsp ground cumin
2 tsp ground coriander
1 tsp ground turmeric
400g can chopped tomatoes
100ml double cream
80g fresh or frozen baby spinach
2 tsp sugar
1 tbsp garam masala
1 tsp nigella seeds
rice, grains or naan, to serve

1 Cut the halloumi into bite-sized cubes and set aside. Heat 1 tbsp of the oil in a large pan over a medium heat. Tip in the onion and cook for about 5 mins, or until translucent.
2 Add the garlic and ginger. Cook for another 2 mins, stirring frequently, until they become fragrant. Stir in the cumin, coriander and turmeric, and cook for 2 mins more. Pour in the tomatoes and stir well. Simmer for 5-7 mins, or until the mixture thickens.
3 Reduce the heat and add the cream. Stir and simmer gently for 3-4 mins until thickened.
4 While the sauce is simmering, heat the remaining 1 tbsp oil in a separate pan over a medium-high heat. Fry the halloumi for 3-4 mins until golden brown on all sides.
5 Add the halloumi to the sauce along with the spinach, sugar and garam masala, and stir to combine. Gently simmer for 5 mins until the spinach has wilted or defrosted. If the curry seems too thick, add a splash of water or more cream to loosen it. Scatter with the nigella seeds and serve with rice, grains or naan.

GOOD TO KNOW calcium • 3 of 5-a-day • gluten free
PER SERVING (3) 575 kcals • fat 45g • saturates 24g • carbs 18g • sugars 14g • fibre 5g • protein 23g • salt 2.3g



Chipotle turkey & avocado grain bowl

SERVES 2 **PREP** 5 mins plus up to 24 hrs marinating
COOK 15 mins **EASY**

2 turkey escalopes or chicken breasts (about 350g)
1 tbsp chipotle paste
1 lime, zested, ½ juiced, ½ cut into wedges to serve
2 tsp olive or rapeseed oil
85g spelt grains
50g quinoa
1 avocado, halved and thinly sliced
2 tomatoes, chopped
handful of sprouted seeds (stocked alongside salad at supermarkets)
4 tbsp thick Greek-style yogurt

1 Coat the turkey in 2 tsp of the chipotle paste, lime zest, oil and some seasoning. Marinate in the fridge for up to 24 hrs. *Will keep covered and chilled for a day.*
2 Cook the spelt grains and quinoa following pack instructions. Drain and divide between two bowls.
3 Meanwhile, heat a griddle pan over a medium heat and cook the turkey for 7-8 mins on each side, until cooked through. Alternatively, cook in the air-fryer set to 200C for 12 mins, turning halfway through cooking. Use a meat thermometer to check the internal temperature reaches 70C. Once cooked, cover and rest for at least 5 mins.
4 Slice the turkey and arrange on top of the grains. Squeeze lime juice over the avocado and serve alongside the turkey, tomatoes and sprouted seeds. Mix the yogurt with the remaining chipotle paste and add a little to each bowl. Serve lime wedges on the side to squeeze over.

GOOD TO KNOW vit c • fibre • 2 of 5-a-day
PER SERVING 729 kcals • fat 31g • saturates 10g • carbs 48g • sugars 11g • fibre 10g •

Crunchy, creamy, spicy noodle salad

SERVES 4 **PREP** 35 mins
COOK 10 mins **EASY** **V**

- 150g carrots (about 2 medium), cut into matchsticks
- 3 tbsp rice vinegar, or any other vinegar
- 1 tbsp honey or sugar
- 4 nests rice noodles of your choice, such as brown (about 250g)
- 4 tbsp sunflower oil
- 1 tbsp Korean red pepper flakes or pul biber
- 1 tsp ground cumin
- 1-2 tsp chilli flakes
- 40g sunflower seeds
- 5 tbsp tahini
- 300g silken tofu
- 1 tbsp soy sauce
- 150g white cabbage, sprouts or any other cabbage, thinly shredded
- 50g soft herbs of your choice (such as coriander, mint, dill or a mixture), leaves picked
- 3 spring onions, trimmed and finely sliced

1 Tip the carrots into a heatproof bowl. Pour the vinegar into a small pan with 3 tbsp water and the honey or sugar. Add a pinch of salt, bring to the boil, then immediately pour over the carrots and leave to pickle while you prepare the rest of the dish, stirring occasionally.

2 Cook the noodles following pack instructions until tender, then drain, rinse under cold running water and drain again. Alternatively, if you prefer warm noodles, cook at the end just before serving, without rinsing afterwards.

3 Heat the sunflower oil in a small pan over a medium heat. Mix the red pepper flakes, cumin, chilli flakes and a large pinch of salt in a small heatproof bowl. When the oil is shimmering (be careful not to let it smoke), carefully pour over the spice mixture, stirring to coat everything in the oil. Set aside.

4 Return the pan to a medium-low heat and toast the sunflower seeds for 3-5 mins until just golden. Remove from the heat. Mix the tahini and a pinch of salt with 5-6 tbsp water in a bowl until smooth. Set aside.

5 Put the tofu in a shallow bowl, break it apart slightly and spoon over the soy sauce and the chilli oil.

6 Divide the noodles between serving bowls and top with the tahini sauce, cabbage, pickled carrots, tofu, toasted sunflower seeds, herbs and spring onions. Drizzle over the carrot pickling liquid and serve.

GOOD TO KNOW vegan • healthy • calcium • fibre • vit c • 1 of 5-a-day

PER SERVING 615 kcals • fat 30g • saturates 4g • carbs 62g • sugars 11g • fibre 9g • protein 19g • salt 0.9g

You can switch up the vegetables depending on the season

Fab flatbreads

Sprinkle over these flavourful toppings for a lighter type of pizza

Spiced lamb flatbreads

Packed with fragrant lamb and spices, these speedy flatbreads are similar to Turkish lahmacun.

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY**

200g lamb mince
3 garlic cloves, crushed
¾ tsp ground cumin
½ tsp ground cinnamon
½ lemon, zested and juiced
3 tbsp tomato purée
2 tbsp olive oil
2 flatbreads
small handful of parsley, roughly chopped
½ small red onion, finely sliced
1 tbsp red wine vinegar

1 Heat the oven to 180C/160C fan/gas 4. Tip the mince, garlic, cumin, cinnamon, lemon zest and juice, tomato purée and half the oil into a food processor along with ½ tsp flaky sea salt and some black pepper. Pulse until well combined.

2 Arrange the two flatbreads on a baking tray, then divide the lamb mixture between them, spreading it right to the edges. Bake for 17-20 mins until cooked through. Meanwhile, combine the parsley, red onion, vinegar and remaining oil in a bowl, and season well. Serve the flatbreads with the parsley salad scattered on top.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day
PER SERVING 520 kcals • fat 25g • saturates 8g • carbs 43g • sugars 6g • fibre 6g • protein 28g • salt 1.5g

Roasted courgette flatbreads with fennel seeds

Rustle up this flavourful flatbread as a tasty lunch or light midweek dinner.

SERVES 2 **PREP** 10 mins
COOK 25 mins **EASY** **V**

1 tsp fennel seeds
¼-½ tsp chilli flakes, to taste
½ tsp ground cumin
½ tsp ground coriander
2 tbsp olive oil
1 courgette, cut into chunky half moons
2 flatbreads
4 tbsp thick Greek-style yogurt
2 tbsp pomegranate seeds
50g feta or vegetarian alternative, crumbled
small handful of coriander leaves

1 Heat the oven to 200C/180C fan/gas 6. Combine the spices and the oil with some seasoning on a baking tray, then tip in the courgette and toss well to coat. Roast for 25 mins until tender, stirring halfway through. Sprinkle the flatbreads with a little water and heat in the oven for 2-3 mins.

2 Spread the yogurt over the flatbreads, then top with the roasted squash, pomegranate seeds, feta and coriander.

GOOD TO KNOW calcium • 1 of 5-a-day
PER SERVING 507 kcals • fat 27g • saturates 11g • carbs 46g • sugars 9g • fibre 5g • protein 18g • salt 0.9g

Pizza salad flatbreads

Packed with big flavours and textures, enjoy everything you love about pizza, but in a salad!

SERVES 2 **PREP** 20 mins **COOK** 5 mins **EASY**

2 flatbreads

For the salad

30g salami, roughly chopped
50g pitted green olives, sliced
3 pickled chillies, roughly chopped (optional)
1 romaine lettuce, roughly chopped
2 roasted peppers, drained and roughly chopped
150g cherry tomatoes, halved
100g mini mozzarella balls, halved

For the dressing

1 tbsp red wine vinegar
2 tsp Dijon mustard
1 tsp mixed dried herbs
15g pecorino or parmesan, finely grated
2 tbsp olive oil
1 small garlic clove, crushed (optional)

1 Heat the oven to 180C/160C fan/gas 4. Sprinkle the flatbreads with a little water and then heat in the oven for 4-5 mins until soft and warm, before setting aside to cool slightly.

2 Combine all the dressing ingredients in a large bowl and season to taste. Mix in all the salad ingredients, tossing well to coat in the dressing, then arrange on top of the flatbreads to serve.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 641 kcals • fat 35g • saturates 13g • carbs 48g • sugars 12g • fibre 13g • protein 27g • salt 4.5g

5 WAYS WITH fortified nutritional yeast

Add layers of savoury umami to dishes and boost your intake of vitamin B12 if you're on a plant-based diet

Easy vegan 'parmesan'

This vegan parmesan is simple to prepare and just as tasty as the real deal. There's no cooking involved, simply blitz and sprinkle over your favourite pasta dish for extra zing.

MAKES 160g **PREP** 5 mins
NO COOK **EASY** **V**

Put **150g cashews**, **¼ tsp garlic powder**, **4 tbsp fortified nutritional yeast** and 1 tsp salt in a small food processor and blitz until it becomes a coarse powder. Transfer to an airtight container. *Will keep in a cupboard for up to one week.*

GOOD TO KNOW vegan
PER TBSP 76 kcals • fat 5g • saturates 1g • carbs 3g • sugars 1g • fibre 1g • protein 4g • salt 0.4g

tip
Experiment with different combinations of nuts and seeds for different-flavoured 'parmesan' or toast the cashews before blending. Macadamia nuts and sunflower seeds also work well.

Vegan kale pesto pasta

Whizz up kale, pumpkin seeds, basil and garlic to make this easy pesto. It's perfect stirred through wholemeal spaghetti for a healthy vegan meal.

SERVES 4 **PREP** 10 mins
COOK 10 mins **EASY** **V**

Cook **150g kale** in boiling water for 30 seconds, then drain and transfer to a bowl of ice-cold water for 5 mins. Drain again and pat dry with kitchen paper. Put a **small bunch of basil**, **1 small garlic clove**, **3 tbsp pumpkin seeds**, **5 tbsp extra virgin olive oil**, **3 tbsp fortified nutritional yeast** and the **zest and juice of 1 lemon** into a food processor. Add the drained kale and blitz until smooth, then season. Loosen with a splash of water if it is too thick. Cook **350g wholemeal spaghetti** following pack instructions, then toss with the kale pesto and serve.

GOOD TO KNOW vegan • healthy • fibre
PER SERVING 537 kcals • fat 22g • saturates 3g • carbs 60g • sugars 1g • fibre 13g • protein 18g • salt 0.1g

Vegan cream cheese

Nothing beats a herby cream cheese. Have this dairy-free spread on toast or stir it into a pasta dish – our vegan version is easy to make and there's no cooking involved.

MAKES 400g **PREP** 15 mins plus overnight soaking and 1 hr chilling
NO COOK **EASY** **V**

Put **250g cashews** in a bowl and cover with water. Cover the bowl and leave to soak overnight or for at least 4 hrs. Drain and rinse the cashews, then tip them into a food processor along with **2 tbsp fortified nutritional yeast**, the **juice of 1 lemon**, ½ tsp salt and 1 tbsp water. Whizz for about 5 mins until very smooth – you may need to stop and scrape the sides down with a spatula. Transfer the cashew cheese to a dish or bowl. Finely chop a **few chives** and stir through. Cover and chill for 1 hr to firm up a little. *Will keep chilled for up to four days.*

GOOD TO KNOW vegan
PER TBSP 124 kcals • fat 9g • saturates 2g • carbs 4g • sugars 1g • fibre 1g • protein 5g • salt 0.3g

‘Cheesy’ vegan scones

These dairy-free scones have a delicious cheese-like flavour.

SERVES 7 **PREP** 15 mins
COOK 20 mins **EASY V**

Heat the oven to 220C/200C fan/ gas 7 and lightly **oil** a baking tray. Mix **1 tsp white wine vinegar** with **250ml almond milk** and set aside. Simmer **100g cauliflower stalks** for 5 mins until almost tender. Drain well, cool, then finely chop. Pick the leaves from **3 thyme sprigs** and tip into a large bowl with **300g self-raising flour**, **1/2 tsp baking powder**, **3 tbsp fortified nutritional yeast**, **1/4 tsp mustard powder**, **1/4 tsp smoked paprika** and 1 tsp salt. Mix well. Add the cauliflower, then **3 tbsp olive oil** and 230ml of the soured milk. Quickly stir together with a wooden spoon – if there is any dry mixture in the bowl, add more almond milk to make a soft but not sticky dough. Pat the dough to a thickness of 2.5cm on a **floured** work surface. Cut out rounds with a 6cm fluted cutter, gathering together offcuts to cut out more rounds. Bake on the prepared tray for 10-12 mins until golden. Serve warm with some **onion chutney**.

GOOD TO KNOW vegan
PER SERVING 235 kcals • fat 6g • saturates 1g • carbs 35g • sugars 1g • fibre 3g • protein 8g • salt 1g

Vegan spinach omelette

Try an omelette made with chickpea flour – it’s high in protein and gluten-free. The quantities here are for one, but it’s easily doubled.

SERVES 1 **PREP** 5 mins
COOK 6 mins **EASY V**

Whisk **30g gram flour**, **1/4 tsp dried oregano** and **1 tbsp fortified nutritional yeast** in a bowl with 80ml water. Heat **2 tsp rapeseed oil** in a 19cm non-stick frying pan. Pour in the omelette batter and swirl the pan around to cover the base. Pile **80g fresh baby spinach** over the top, then cover the pan and cook over a low heat for 5-6 mins until the spinach has wilted and the base of the omelette is cooked but still moist. Roll the omelette over in the pan to enclose the spinach, then slide onto a plate and serve.

GOOD TO KNOW vegan • healthy • low cal • fibre • gluten free
PER SERVING 200 kcals • fat 8g • saturates 1g • carbs 17g • sugars 1g • fibre 5g • protein 11g • salt 0.7g

5 WAYS WITH kidney beans

Easy, good-for-you dinners using a budget-friendly storecupboard favourite

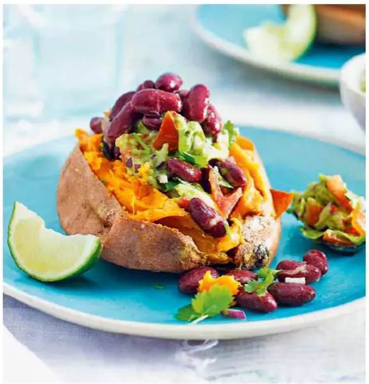
Muffin tin chilli pots

This speedy tortilla supper counts as three of your five-a-day and uses just four ingredients. It doesn't get much easier than this storecupboard meal.

SERVES 2 **PREP** 15 mins
COOK 5 mins **EASY** **V**

Heat the oven to 200C/180C fan/gas 6. Tip **400g can kidney beans in spicy sauce** into a pan with **400g can chopped tomatoes with herbs**. Season and simmer for 15 mins. Meanwhile, take **4 tortillas**. Grease four holes of a muffin tin with **oil** and line each with a tortilla to make cups. Fill each with a ball of foil and bake for 5 mins until lightly crisped. Remove the foil, divide the bean mixture between the tortilla cups and serve with a **green salad**.

GOOD TO KNOW vegan • fibre • 3 of 5-a-day
PER SERVING 625 kcals • fat 21g • saturates 6g • carbs 78g • sugars 17g • fibre 16g • protein 23g • salt 3.2g



Sweet potato jackets with guacamole & kidney beans

Unlike regular potatoes, sweet potatoes count as one of your five-a-day. They're naturally sweet-tasting and won't disrupt your blood sugar levels.

SERVES 2 **PREP** 10 mins
COOK 45 mins **EASY** **V**

Heat the oven to 220C/200C fan/gas 7. Rub a little **rapeseed oil** on **2 sweet potatoes**. Roast directly on the oven shelf for 45 mins until tender all the way through when pierced with a knife. Meanwhile, to make the guacamole, mash **1 avocado**. Finely chop **1 red chilli**, **2 tomatoes**, **1 small red onion** and the leaves of a **small bunch of coriander**. Stir into the avocado with the **juice of 1 lime**. Cut the potatoes in half. Drain **400g can kidney beans** and spoon onto the potatoes. Top with the guacamole and serve with **lime wedges** to squeeze over.

GOOD TO KNOW vegan • gluten free
PER SERVING 586 kcals • fat 21g • saturates 4g • carbs 73g • sugars 31g • fibre 24g • protein 14g • salt 0.3g

Kidney bean curry

A rescue recipe for when there's nothing in the fridge or when you fancy something cheap – this curry is healthy and vegan, too.

SERVES 2 **PREP** 5 mins
COOK 30 mins **EASY** **V** ❄

Finely chop **1 onion**, **2 garlic cloves**, **thumb-sized piece of ginger** and the stalks of a **small bunch of coriander**, saving the leaves to garnish. Heat **1 tbsp vegetable oil** in a large frying pan over a low-medium heat. Tip in the onion and a pinch of salt, and cook slowly, stirring occasionally, until softened and starting to colour. Add the garlic, ginger and coriander stalks, and cook for a further 2 mins, until fragrant. Add **1 tsp ground cumin**, **1 tsp paprika** and **2 tsp garam masala**, and cook for 1 min until aromatic. Tip in **400g can chopped tomatoes** and **400g can kidney beans** with their water, and bring to the boil. Turn down the heat and simmer for 15 mins until the curry is thick. Season, then serve with **basmati rice** and coriander leaves.

GOOD TO KNOW vegan • healthy • low fat • gluten free
PER SERVING 282 kcals • fat 8g • saturates 1g • carbs 33g • sugars 13g • fibre 14g • protein 13g • salt 0.1g

Spinach & chilli bean flatbread

Make this for dinner and save some leftovers to have as an easy lunch – keep the bread and toppings separate, then assemble and grill the next day.

SERVES 2 with leftovers **PREP** 20 mins
COOK 45 mins **EASY** **V**

Sift **200g self-raising flour** and a large pinch of salt into a bowl. Make a well in the flour and pour in **200g low-fat natural yogurt**. Stir to form a dough, knead on a **floured** work surface until smooth, then cover and leave to rest. Meanwhile, finely chop **1 red onion** and finely slice **2 garlic cloves**. Heat **1 tbsp vegetable oil** in a large frying pan over a medium heat. Soften the onion for 8-10 mins, then add the garlic and **1 tsp cumin seeds** and cook for 2 mins more. Tip in **400g can mixed beans in chilli sauce** and cook for 5 mins. Wilt **80g spinach** in the pan, then remove from the heat. Split the dough into four 100g balls and roll out on a lightly floured surface into 15cm-long ovals. Fold in the edges and seal tightly to make a border. Heat a large frying pan over a high heat. Cook for 2-3 mins on each side until golden. Transfer to a baking tray, top with the bean mixture, then crumble over **50g feta or vegetarian alternative**. Grill on high for 4-5 mins, until bubbling. Roughly chop **10g parsley** to sprinkle over the top and serve with a **green salad**, if you like.

GOOD TO KNOW fibre
PER SERVING 782 kcals • fat 15g • saturates 5g • carbs 123g • sugars 21g • fibre 13g • protein 31g • salt 3.1g

Turbo beans & cheese on toast

An elevated version of beans on toast with garlic and chilli.

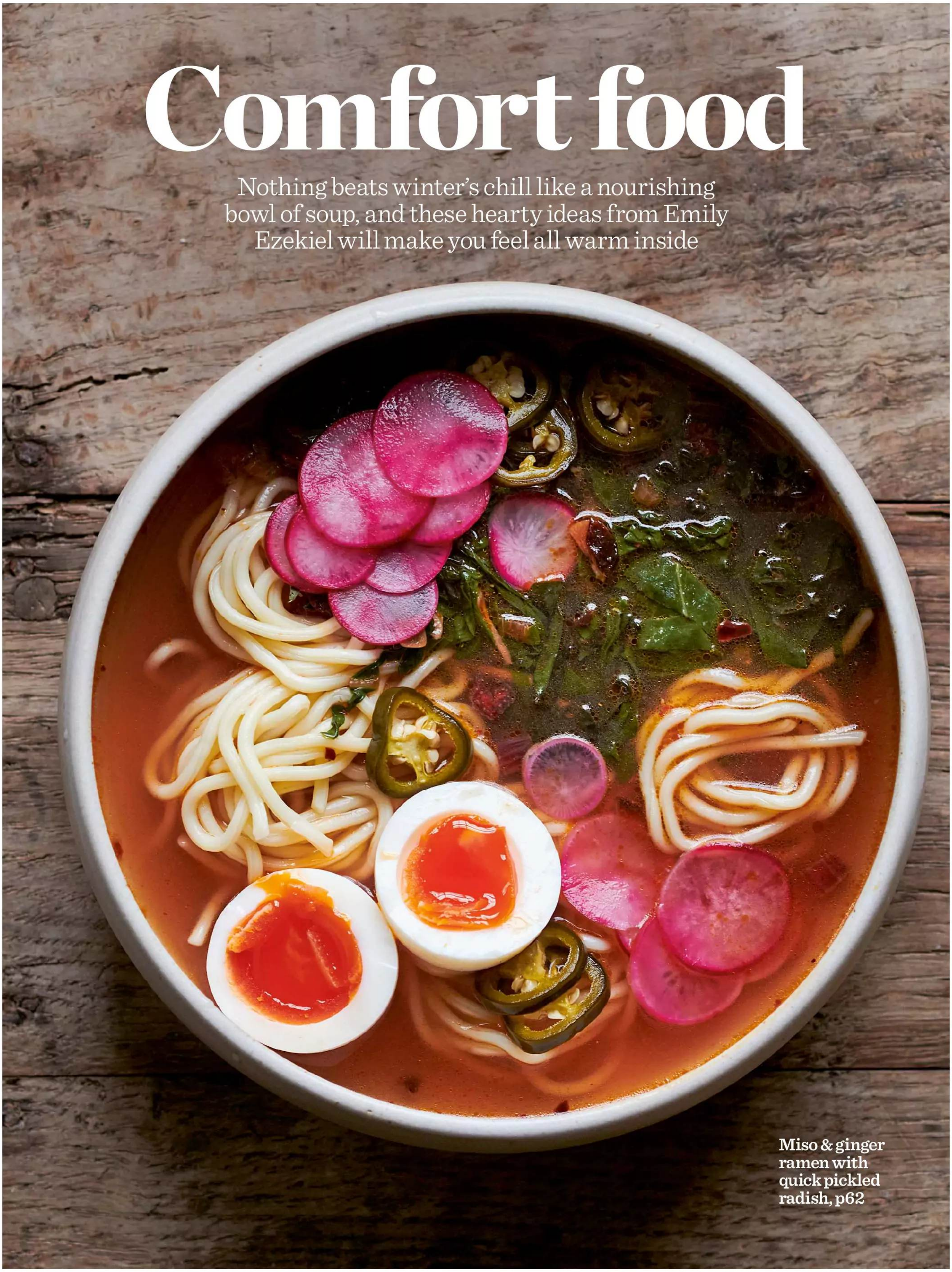
SERVES 4 **PREP** 7 mins
COOK 35 mins **EASY** **V**

Finely chop **1 large onion** and **4 garlic cloves**. Heat **2 tbsp oil** in a frying pan over a medium heat and fry the onion for 8-10 mins until slightly caramelised. Add the garlic and some seasoning, **1 tsp smoked paprika**, **1 tsp ground cumin** and **chipotle chilli paste or chilli flakes**, to taste. Stir and fry for a few minutes until fragrant. Tip in a **200g can chopped tomatoes or passata**, then swirl out the can with 100ml water and add this too. Simmer for 10-15 mins until the mixture has thickened. Blitz with a hand blender, then taste for seasoning. Drain and rinse **2 x 400g cans kidney beans** and mix into the sauce. Warm for 5 mins until the beans are hot. Toast **4-8 slices crusty bread** under a high grill for 3-5 mins. Top with the beans and **150g grated cheddar or vegetarian alternative**, then grill until melted and bubbling. Sprinkle over **paprika** to serve.

GOOD TO KNOW fibre
PER SERVING 554 kcals • fat 21g • saturates 9g • carbs 58g • sugars 10g • fibre 15g • protein 26g • salt 1.4g

Comfort food

Nothing beats winter's chill like a nourishing bowl of soup, and these hearty ideas from Emily Ezekiel will make you feel all warm inside



Miso & ginger ramen with quick pickled radish, p62

Matzo ball soup

SERVES 2 **PREP** 10 mins plus chilling
COOK 55 mins **EASY**

- 90g matzo meal
- 100ml vegetable oil
- 3 eggs, whisked
- 1 tbsp chopped dill
- 1 litre chicken stock
- 2 chicken breasts (about 170g each)
- ½ lemon, juiced
- 4 carrots, cut into small fingers
- 1 white onion, cut into 12
- 2 bay leaves
- handful of dill leaves

1 To make the matzo balls, mix the matzo meal, oil, whisked eggs, $^{1}/_{2}$ tsp sea salt and chopped dill together in a large bowl to make a wet dough. Chill for 30 mins.

2 Meanwhile, bring the stock to a simmer in a large pan. Add the chicken, lemon juice, carrots, onion and bay leaves, and simmer gently for 10 mins. Transfer the chicken to a plate and leave to rest while you cook the broth for another 20 mins.

3 Using clean hands, divide the matzo dough into eight equal portions and roll into balls. Fill a medium-sized pan with water and bring to a boil. Add the matzo balls, then reduce the heat and simmer for 25 mins. Scoop the balls out with a slotted spoon and set aside.

4 Shred the chicken and add to the broth. Ladle into bowls, then divide the matzo balls equally between the bowls and top with the dill leaves.
To store leftover soup, remove the matzo balls and place in an airtight container, then pour the soup into another container. Will keep chilled for up to three days.

Spiced beet soup with hazelnut dukkah

My Middle Eastern style love letter to beets. The dukkah will keep in an airtight container for two months.

SERVES 2 **PREP** 10 mins
COOK 55 mins **EASY** **V**

- 2 tbsp olive oil
- 2 red onions, roughly chopped
- 500g beetroot, peeled and chopped
- 1 red chilli, chopped
- 2 tbsp cumin seeds
- 2 tbsp coriander seeds
- 1 lemon, zested and juiced
- 500ml vegetable stock
- 50g hazelnuts
- 2 tbsp sesame seeds
- 1 tsp hot pepper flakes
- 2 tbsp Greek-style yogurt, to serve

1 Drizzle the olive oil into a medium-sized pan and put over a medium heat. Tip in the onions, beetroot and chilli, and fry for 15 mins. Add half the cumin and coriander seeds, and toast for 1 min until aromatic. Add the lemon zest and juice, and the stock. Bring to the boil, reduce the heat, cover with a lid and simmer for 20 mins.

2 Meanwhile, make the dukkah. Tip the hazelnuts into a large skillet over a medium heat and toast until lightly golden. Add the sesame seeds, the remaining cumin and coriander seeds, the hot pepper flakes and 1 tsp salt, and toast, stirring constantly, for 3 mins or until deeply aromatic. Blitz the mixture briefly in a food processor until coarse. Tip into a bowl – there's no need to clean the food processor.

3 Remove the lid from the pan and cook for another 20 mins or until the beets are soft when pierced with a knife. Season to taste with salt, then transfer to the food processor and blitz until smooth. Ladle into bowls and top with the yogurt and a generous sprinkling of the dukkah. *Will keep chilled in an airtight container for three days.*

Miso & ginger ramen with quick pickled radish

This soup is very versatile as you can use any greens and top it with anything you fancy. You can also swap the broth for chicken stock.

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY** **V**

- 250ml rice wine vinegar
- 2 tbsp sea salt
- 1 tbsp sugar
- 1 jalapeño chilli, sliced
- 1 watermelon radish, thinly sliced
- 6cm piece of ginger
- 200g Swiss chard
- 2 eggs
- 1 tbsp sesame oil
- 2 garlic cloves, sliced
- 1 tbsp crispy chilli oil
- 2 nests ramen noodles (50g per nest)
- 700ml dashi broth
- 2 tbsp white miso

1 To make the pickled radish, put the vinegar and 250ml water in a small pan, then add the sea salt, sugar and jalapeño chilli, and bring to a gentle simmer. Remove from the heat, put in a jar along with the sliced radish and set aside.

2 Cut the ginger into matchsticks. Remove the chard leaves from the stems. Finely chop the stems and shred the leaves. Boil the eggs in a small pan for 6 mins, then remove, let cool and peel. Set aside.

3 Place a pan over a medium heat. Tip in the sesame oil, garlic and ginger, and fry for a few minutes. Add the chard stems and leaves, and fry for 3 mins. Add the chilli oil. Remove from the heat, mix well, then transfer half the greens to a plate.

4 Cook the noodles following pack instructions. Whisk the broth and miso into the pan, then bring to a simmer. Divide the noodles between two bowls, then add the reserved greens and boiled eggs. Ladle in the broth. Serve with the pickled radishes on the side. *Any leftover pickled radishes will keep in a sterilised jar chilled for up to three months.*

Watercress & stilton soup with a rye-baked crouton crumb

SERVES 2 **PREP** 10 mins
COOK 30 mins **EASY V**

- 2 tbsp butter
- 2 tbsp olive oil
- 2 leeks, finely sliced
- 2 celery stalks, thinly sliced
- 1 large glass of white wine
- 1 potato, peeled and cubed
- 800ml chicken or vegetable stock
- 160g watercress
- 150ml crème fraîche
- 80g stilton or vegetarian alternative
- 1 large handful of rye-baked crouton crumb (see below)
- drizzle of parsley oil (see below) or extra virgin olive oil

1 Heat a large pan over a medium heat and tip in the butter and oil. Add the leeks and celery, reduce the heat to low, and fry for 10 mins, or until the leeks are soft and sticky. Pour in the wine and turn the heat up for 1 min. Add the potato and stock, bring to a boil, then reduce the heat and simmer for 15 mins, or until the potato is cooked.
2 Drop in the watercress and simmer for another 3 mins. Remove the pan from the heat and add the crème fraîche and half the cheese. Blitz with a hand blender until smooth. Season to taste with salt and pepper.
3 Ladle into bowls, top with the crouton crumb and remaining cheese, then drizzle with a little of the parsley oil.

tip
For a vegan option, use vegan versions of butter and crème fraîche, omit the cheese, and add 1 tbsp miso and 2 tbsp nutritional yeast when blending.

Rye-baked crouton crumb

MAKES 200g **PREP** 2 mins
COOK 6 mins **EASY V**

Blitz **150g rye bread** in a food processor until you have coarse breadcrumbs. Heat **3 tbsp olive oil** in a large skillet over a medium heat and add the breadcrumbs, the **zest of 1 lemon** and grate in **1 garlic clove**. Fry for 6 mins, stirring frequently. When the mix becomes toasted and crunchy, add ½ tsp salt and a pinch of **hot pepper flakes**, and cook for another min. Remove from the heat and leave to cool before storing in an airtight container.

Parsley oil

MAKES 400ml **PREP** 1 hr 5 mins
COOK 5 mins **EASY VE**

Fill a bowl with cold water and ice cubes. Bring a pan of water to the boil, then add **50g parsley**, stems and all, and blanch for 5 seconds before adding to the iced water. Squeeze any water out of the parsley, then tip into a blender with **1 green jalapeño chilli** and **400ml olive oil**, and blend until smooth. Pour the mixture through a cheesecloth-lined bowl, tie the top, and hang on a hook with a bowl underneath to catch the oil. Let it drip out for 1 hr, then pour into a sterilised bottle and store.

Carrot & ginger soup with crispy rice

SERVES 2 **PREP** 10 mins
COOK 26 mins **EASY**

2 tbsp coconut oil
4 shallots, chopped
2 garlic cloves, chopped
6cm piece of ginger, grated
1 lemongrass stalk, chopped
400g carrots, chopped
1 tsp ground turmeric
1 lime, zested and juiced
400ml can coconut milk
1 tbsp fish sauce
60g crispy rice (see right)
1 jalapeño chilli, sliced

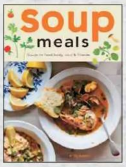
1 Heat a medium-sized, heavy pan over a medium heat and tip in the oil, shallots, garlic, ginger and lemongrass, and fry for 8 mins, stirring frequently. Add the carrots and turmeric, and fry for another 8 mins, stirring frequently so nothing catches on the bottom.
2 Add the lime juice and zest, and coconut milk. Fill the coconut milk can with water and add to the pan. Simmer for 10 mins, or until the carrots are soft. Add the fish sauce, taste and add a little more, if desired.
3 Blitz with a hand blender until smooth. Ladle into bowls and top with a sprinkling of the crispy rice and sliced jalapeño chilli.

tip
For a vegan option, simply swap the fish sauce for a vegan fish sauce.

Crispy rice

MAKES 300ml jar **PREP** 10 mins
COOK 10 mins **EASY** **V**

Line a baking sheet with kitchen paper. Heat **300ml vegetable oil** in a large, deep pan to 180-190C. Fry **200g cold cooked rice** in batches until the rice pops and rises to the surface. Remove with a slotted spoon and lay on the lined baking sheet. Deep-fry the remaining rice and drain on the baking sheet. Season with 1/2 tsp salt, then leave to cool. Store in a sterilised jar.



Recipes extracted from *Soup Meals* by Emily Ezekiel (£20, Hardie Grant). Photographs © Issy Croker. Recipes are not retested by us.

Three ways with goat

Try this healthy alternative to other red meats in a chilli, curry or piled in a tasty taco

Goat tacos, p66

Goat mole chilli with pickled radishes

Pair tender goat meat with a dark, smoky and rich mole. Don't skimp on the accompanying pickled radishes – the sharpness really brings the dish to life.

SERVES 8 **PREP** 25 mins plus soaking
COOK 5 hrs **EASY**

- 2 dried ancho chillies
- 2 tbsp sunflower oil
- 1kg diced goat
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- 2 cinnamon sticks
- 5 tomatoes on the vine, roughly chopped
- 5 whole cloves
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp dried oregano
- 1 tbsp chipotle paste
- 2 bay leaves
- 2 tbsp tomato purée
- 300ml chicken stock
- 2 tbsp smooth peanut butter
- 30g 70% dark chocolate, roughly chopped

For the radishes

- 2 tbsp apple cider vinegar
- 2 tbsp caster sugar
- 200g radishes, finely sliced

1 Soak the ancho chillies in 100ml boiled water for 30 mins, then drain and chop, discarding the stems. Heat the oil in a large casserole dish and add the diced goat. Cook, in batches, for 8-10 mins until browned, then transfer to a bowl using a slotted spoon. Set aside.

2 Tip the onion and garlic into the casserole dish. Cook for 8-10 mins until softened, then add the cinnamon, tomatoes, spices, oregano, chipotle paste, bay leaves, tomato purée, stock, ½ tsp salt and the chopped ancho chillies. Return the goat to the casserole dish, cover and cook for 3-4 hrs over a low heat, stirring occasionally. Once cooked, the goat should be very tender and fall apart when stirred.

3 For the radishes, mix the vinegar and sugar with a pinch of salt until dissolved. Add the radishes and some black pepper, and leave for 20 mins.

4 Mix the peanut butter and dark chocolate into the mole, and simmer for a further few minutes. Season to taste and serve with the drained pickled radishes on top.

GOOD TO KNOW low cal • iron • 1 of 5-a-day
PER SERVING 259 kcals • fat 10g • saturates 3g • carbs 12g • sugars 10g • fibre 2g • protein 29g • salt 0.9g

Goat tacos

Enjoy these tacos with punchy green and adobo sauces, plus avocado, lime and jalapeño chillies.

MAKES 10 **PREP** 30 mins **COOK** 5 hrs 20 mins
MORE EFFORT

- 1 whole shoulder of kid (about 1.5-2kg)
- 150g masa harina (finely ground maize flour)
- 1 tbsp olive oil
- 50g chipotle in adobo, blended until smooth
- 100g soured cream
- 50g coriander
- 6 garlic cloves, chopped
- 2 limes, zested and juiced
- 1 avocado, diced
- 2 limes, juiced
- 2 jalapeño chillies, finely sliced
- 1 red onion, finely sliced
- small bunch of coriander, leaves picked and stalks discarded

1 Heat the oven to 130C/110C/gas 1. Season the shoulder with salt, put in a roasting tin, cover with foil and cook in the oven for 5 hrs, until the meat is tender and coming away from the bone.

2 Meanwhile, make the taco dough. Mix the masa harina with a pinch of salt using your hands or a wooden spoon, then stir in the olive oil and around 100ml water to create a smooth dough. You may not need all the water. Roll into a ball, cover and chill until needed. *Will keep chilled for 24 hours.*

3 To make the adobo sauce, mix the blended chipotle with the soured cream. To make the green sauce, blitz the coriander, garlic and lime zest, and juice in a blender or small food processor until smooth. Set both sauces aside.

4 Once the meat is cooked and tender, set aside to cool. Shred the meat using two forks.

5 Heat a non-stick or cast iron pan over a medium-high heat until hot. Split the taco dough into 10 pieces and roll into small balls, then roll each ball between two pieces of baking parchment to make a flat circle. Dry-fry in batches for 1 min on each side until lightly charred.

6 Serve the tacos with the meat piled on top, along with the diced avocado. Drizzle over a little lime juice and top with the adobo and green sauces, plus extra on the side. Finish with slices of jalapeño chilli, red onion and coriander leaves.

GOOD TO KNOW healthy • iron
PER SERVING 230 kcals • fat 7g • saturates 2g • carbs 11g • sugars 1g • fibre 2g • protein 30g • salt 0.4g

Curried goat

SERVES 6-8 **PREP** 10 mins plus at least 1 hr marinating **COOK** 2 hrs 10 mins **EASY**

- 1kg goat meat, cut into cubes
- 4 tbsp curry powder
- 1 tbsp turmeric
- 1 tsp black pepper
- 1 tsp Jamaican allspice (ground pimento)
- 3 tsp salt, to taste
- 1 medium onion, sliced
- 4 spring onions, thinly sliced, plus extra to serve
- 2 tsp minced garlic
- 6-7 thyme sprigs
- 5 tbsp oil (vegetable or coconut)
- 1 medium carrot, cut into cubes
- 1 medium potato, cut into 2cm cubes
- 1 scotch bonnet chilli, left whole

1 Put the goat in a large mixing bowl and add all the ingredients except the oil, carrot, potato and chilli. Rub everything into the meat until well coated. Put in the fridge to marinate for at least 1 hr or overnight.

2 Heat the oil in a large heavy-bottomed pan over a medium to high heat and add the meat. Stir until browned on all sides. Pour in enough hot water to just cover the meat (about 800ml). Put the lid on and allow to simmer over a low heat for 2 hrs, or until the meat is soft and tender. Keep checking and stirring every 30 mins and add a little more water if it reduces too much, to prevent the pan from drying out.

3 For the last 30 mins of cooking, add the carrot, potato and chilli. Remove the lid and simmer for a little longer to thicken, if you like. Stir and season to taste, then scatter over some extra spring onions.

GOOD TO KNOW iron • gluten free

PER SERVING (8) 241 kcals • fat 11g • saturates 1g • carbs 8g • sugars 2g • fibre 3g • protein 27g • salt 2.2g

This dinner cooks in just one pot, so there's less to wash up

Burnt aubergine rigatoni, p70

Pasta perfection

Satisfying suppers packed with nutritious vegetables and seafood, courtesy of Ed Barrow

Tuna chilli spaghetti

Using the best-quality canned tuna you can find will help create the best-tasting bowl of pasta, so have a look in your local deli or food store for premium line-caught tuna. The salty tang of fresh samphire is perfect here but asparagus or a dark leafy green, such as spinach, will also work well.

SERVES 2 **PREP** 10 mins
COOK 12 mins **EASY**

150g spaghetti
olive oil, for frying
1 large red chilli, deseeded and finely chopped
2 garlic cloves, finely sliced
90g samphire, asparagus or leafy greens
1 can high-quality tuna in brine (about 100g drained weight)
1 lemon, zested then halved for squeezing

1 Fill a large pan with boiling, well-salted water and cook the spaghetti, following pack instructions, until al dente.

2 Meanwhile, make the sauce. Pour a generous glug of oil into a large frying pan. Add the chilli and garlic, then place the pan over a low heat. Fry gently for about 5 mins, ensuring that the garlic doesn't burn.

3 For the final 3 mins of the spaghetti's cooking time, add the samphire and cook until al dente. Drain, reserving a little of the water.

4 Add the spaghetti and samphire to the pan with the chilli and garlic, along with a small splash of the cooking water, the tuna and a good squeeze of lemon juice. Season well with salt and pepper. Toss gently over the heat for 2 mins or so until everything is well combined.

5 Taste to check the seasoning, then divide between two bowls and garnish with lemon zest.

Slow-cooked squid & preserved lemon tagliatelle

In this dish, the squid is slow cooked until tender in a warming tomato sauce that's flavoured with sweet yet tangy preserved lemon.

SERVES 2 **PREP** 20 mins
COOK 1 hr 10 mins **EASY**

- extra virgin olive oil, for frying and drizzling
- 1 small white onion, finely chopped
- 1 red chilli, deseeded and finely chopped
- ½ tsp dried chilli flakes
- 1 large garlic clove, finely chopped
- 2 tbsp tomato purée
- 220g cherry tomatoes, halved
- 100ml passata
- 80ml dry white wine
- 1 tbsp red wine vinegar
- 1 tsp granulated sugar
- ½ preserved lemon, very finely chopped
- 350g fresh squid, tubes cleaned and sliced into 1cm rings
- 150g tagliatelle
- small handful of fresh flat-leaf parsley, finely chopped
- 1 lemon, zested

1 Add a generous glug of oil to a large lidded pan. Place over a medium-low heat and tip in the onion, chilli and chilli flakes. Fry for 5 mins until softened and fragrant. Add the garlic and fry for 1 min before adding the tomato purée, cherry tomatoes, passata, wine, vinegar, sugar and preserved lemon. Season well with salt and pepper. Mix well, then add the squid, making sure it's submerged. Cover the pan with the lid, then very gently simmer over a very low heat for 1 hr. Keep the heat down as low as it will go – you should see the occasional bubble rise to the surface of the sauce but no more than that. The squid should be very tender and can be cut with a spoon.

2 When the squid has been cooking for 40 mins, put a large pan of well-salted water on to boil for the pasta. Once the water is boiling, add the tagliatelle and cook until al dente following pack instructions.

3 Drain the pasta and add to the pan with the sauce. Add the chopped parsley and lemon zest, and mix well until everything is combined. Divide between two bowls and drizzle extra virgin olive oil over the top.

Burnt aubergine rigatoni

Inspired by the traditional Sicilian dish pasta alla norma, in this version aubergine is roasted and charred before being added to the sauce. By burning the whole aubergine, its flesh is steamed and softened while its flavour is intensified, giving a subtle smokiness.

SERVES 2 **PREP** 10 mins **COOK** 40 mins **EASY** **VE**

- 1 large aubergine
- extra virgin olive oil, for cooking and drizzling
- 1 small red onion, finely sliced
- 1 red pepper, finely sliced
- 1 large garlic clove, finely sliced
- ½ tsp dried chilli flakes
- small handful of fresh basil, stalks and leaves separated
- 1 tbsp tomato purée
- 200g passata
- ½ tbsp red wine vinegar
- 1 tsp granulated sugar
- 150g rigatoni

1 Heat the oven to 220C/200C fan/gas 7. Place the aubergine on a baking tray, drizzle with a little oil and spread it over the skin. Bake for 25 mins – the skin should be wrinkled and charred, while the flesh will be completely soft. Remove from the oven, slice in half lengthways and set aside to cool.

2 Add a generous glug of oil to a large lidded pan. Place over a medium-low heat and tip in the onion and pepper. Fry for 5 mins until starting to soften. Add the garlic and fry for 1 min, then add the chilli flakes. Finely chop the stalks of the basil and add to the pan. Mix well, then stir in the tomato purée, passata, vinegar and sugar. Season generously with salt and pepper, turn down the heat to low and leave to gently simmer, stirring occasionally.

3 Put a large pan of well-salted water on to boil for the pasta. Remove the soft flesh of the aubergine using a spoon and roughly chop. Add to the pan with the sauce and mix well. Cover with the lid and continue to gently simmer while you cook the pasta.

4 Add the rigatoni to the pan of boiling water and cook until al dente, following pack instructions.

5 Drain the rigatoni, then add to the pan with the sauce. Toss over the heat for 1-2 mins until the sauce coats the pasta. Divide between bowls and finish with a good drizzle of extra virgin olive oil and a garnish of basil leaves.

Cavatelli with cavolo nero & bacon

This makes a well-balanced meal, perfect as a midweek dinner. It provides big flavours from the smoky salted bacon lardons and a pleasant bitterness from the iron-rich cavolo nero.

SERVES 2 PREP 10 mins
COOK 12 mins EASY

- 150g cavatelli
- olive oil, for frying
- 6 thick-cut smoked streaky bacon rashers, chopped into thick lardons
- 40g salted butter
- 1 red chilli, deseeded and finely chopped
- 150g cavolo nero leaves stripped from the stem and roughly chopped into 5cm pieces
- 50g parmesan, finely grated, plus extra to serve

1 Put the cavatelli in a large pan of boiling, well-salted water. Cook until al dente, following pack instructions, then drain, reserving a little of the cooking water.

2 Meanwhile, place a large frying pan over a high heat. Add a small splash of oil and tip in the bacon lardons. Fry for 3-4 mins until golden brown and crispy. Remove from the pan using a slotted spoon and set aside, leaving the fat from the bacon in the pan.

3 Turn the heat to low and add the butter to the pan. Once melted and foaming, tip in the chilli and fry for 2 mins. Add the cavolo nero and a splash of the pasta cooking water. Let the cavolo nero steam and cook down for a couple of minutes until tender and all the cooking water has evaporated.

4 Add the drained pasta to the pan with the cavolo nero. Return the fried lardons to the pan and add a small splash of cooking water. Sprinkle over the parmesan and season well with salt and pepper. Let the cheese melt into the top of the pasta for 1 min before tossing or stirring vigorously to emulsify the water, cheese and butter. Add a little more of the cooking water to loosen the sauce if needed. Divide between two bowls and finish with a little extra parmesan and some pepper.

Recipes extracted from *The Monday Pasta Club* by Ed Barrow (£22, Kyle Books). Photographs © Ola O Smit. Recipes are not retested by us.

Anelli on toast

For me, this is an after-school classic that holds so many memories – the ultimate comfort food. This is my version – a simple pomodoro sauce mixed with the little pasta hoops, served on toasted sourdough with fresh basil and parmesan.

SERVES 2 **PREP** 10 mins
COOK 15 mins **EASY** **V**

olive oil, for frying
1 small white onion, finely chopped
2 garlic cloves, finely sliced
5 large plum tomatoes, quartered
pinch of sugar
2 tsp red wine vinegar
150g anelli
2 slices sourdough
butter, for spreading
30g parmesan or vegetarian alternative, finely grated
fresh basil leaves, torn

1 Put a large pan of well-salted water on to boil for the pasta.
2 To make the sauce, pour a glug of oil into a large frying pan and place over a medium heat. Fry the onion for 5 mins until soft and translucent. Add the garlic and fry for a further 1 min before tipping in the tomatoes, sugar and red wine vinegar. Add a small splash of water and season well with salt and pepper. Stir, turn down the heat to low and leave to simmer.
3 Add the anelli to the pan of boiling water and cook until al dente following pack instructions.
4 When the pasta has 5 mins remaining of cooking time, transfer the tomato and onion mixture to a food processor or blender. Blitz until completely smooth, then return to the pan. Check for seasoning and adjust as needed. Place over a low heat and bring to a gentle simmer.
5 Toast the sourdough, spread generously with butter and divide between two plates.
6 Drain the anelli and add to the pan with the sauce. Toss over the heat for 30 seconds before spooning over the toast. Top with the parmesan and torn basil leaves.

Everyday Vietnamese

From lemongrass and coconut clams to prawn and mango salad, Uyen Luu's easy, aromatic seafood dishes are full of goodness

Wild sardine salad, p74

Wild sardine salad

This salad touches on every part of the palate. Peppery and crunchy watercress pairs so well with the succulent sardines and juicy, sweet tomatoes. The citrus adds zing and the buttery sourdough provides texture. Feel free to use more or a different variety of leaves or add any pickles or ferments you fancy. Kimchi or sauerkraut work well.

SERVES 4 **PREP** 15 mins
COOK 10 mins **EASY**

- 100g watercress
- 4-6 pickled beetroot, sliced into thin rounds
- 8-12 cherry tomatoes, halved or quartered
- 10g mint leaves
- 1 tbsp extra virgin olive oil
- 300g sardines, butterflied and patted dry with kitchen paper
- 4 slices sourdough bread
- 10g salted butter
- ½ lemon or lime, juiced
- lemon wedges, to serve

For the dressing

- 1 garlic clove, peeled
- 1 bird's eye chilli
- 200g can pineapple in its juice
- 1 lemon or lime, zested, plus 1 tbsp juice
- 1 tbsp premium fish sauce
- 1 tbsp extra virgin olive oil

1 To make the dressing, put all the ingredients into a food processor and blend until smooth. Alternatively, bash the garlic, chilli and pineapple with a pestle and mortar, then mix with the pineapple juice, lemon zest and juice, fish sauce and oil.

2 Divide the watercress, beetroot, tomatoes and mint leaves between plates, and drizzle over half the dressing. Heat the oil in a non-stick frying pan over a medium heat and cook the sardines, skin-side down, for 2 mins. Season with some salt and pepper, then flip and cook on the other side for 2 mins.

3 Remove from the heat and leave to rest in the pan for 5 mins. Meanwhile, toast the bread, then butter and cut into bite-sized squares. Scatter onto the plates and put the sardines on top. Squeeze over the lemon juice and serve at once with lemon wedges on the side.

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Baked sea bass with leeks, lemon & samphire

Steamed fish with ginger and spring onions is such a classic Asian favourite. It is usually eaten on special occasions as part of a big feast. I love throwing this baked version together – just put everything into a roasting tray, then garnish it once baked with curls of spring onion and a scattering of lemon zest for a luscious light feast.

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY**

- 1 tbsp olive oil
- 1 large or 2 small sea bass (about 1 kg), cleaned and gutted
- 30g fresh ginger, peeled and sliced
- 1 large leek, trimmed and sliced into 2.5cm rings
- 1 lemon, zested, then rind roughly removed and sliced into rings
- 100g samphire
- 50g spring onions, sliced lengthways, then soaked in cold water for 5 mins until they curl
- steamed rice and vegetable side dishes, to serve

For the sauce

- 3 tbsp olive oil
- 2 small round shallots, thinly sliced
- 3 tbsp light soy sauce
- 2 tsp caster sugar
- 1 tbsp black vinegar or cider vinegar
- 1 tbsp crispy chilli oil (optional)

1 Heat the oven to 200C/180C fan/gas 6 and use half the oil to grease a baking tray. Lay the fish on the tray and stuff the ginger inside the fish's cavity. Scatter the leek rings around the sides and place the sliced lemon rings all along the body. Brush over the rest of the oil.

2 Bake for 25 mins. In the last 3 mins of cooking, scatter the samphire around the fish. Once cooked, remove from the oven and transfer to a serving platter (or leave on the baking tray) and dress with the spring onions.

3 Quickly make the sauce. Heat the oil in a small pan over a medium heat and cook the shallots for about 5 mins until golden. Add the soy sauce, sugar, vinegar and crispy chilli oil, if using. Bring to a rolling boil, then pour over the fish, wilting the spring onions. Scatter with the lemon zest. Serve with rice and lots of vegetable sides.

tip

Mix the sauce and the fish together just before serving. If you need to do so ahead of time, make sure it is no more than 30 mins before you intend to eat.

Glass noodles with clams

Spaghetti vongole is one of my all-time favourite dishes. I would happily live in Italy eating this in all the months with an 'r'! Here is my own lovely Vietnamese version. I use glass noodles because they soak up all the delicious juices and are fine and delicate just like the clams. It is equally delicious with fatter vermicelli noodles that mimic the texture of spaghetti, though. If you want to use these, cook the vermicelli first and then fold through the cooked clams at the end.

SERVES 2 or 4 as a starter
PREP 15 mins **COOK** 10 mins **EASY**

2 tbsp olive oil
30g lemongrass stalks, halved and bashed
4 garlic cloves, sliced
6 bird's-eye chillies, 4 left whole and 2 sliced
1kg fresh clams
100ml coconut water or white wine
2 tbsp premium fish sauce
100g glass noodles, soaked in cold water for 10 mins
4 spring onions, sliced lengthways
30g Vietnamese coriander leaves, Thai basil leaves, coriander leaves or Thai parsley leaves, roughly torn, plus extra to serve
1 lime or lemon, zested and juiced

1 Heat the oil in a wok or large frying pan with a lid over a medium-high heat, then tip in the lemongrass, garlic and whole chillies. Toss until the garlic turns golden, then add the clams and increase the heat to high. Let sit for 1 min, then add the coconut water, fish sauce and noodles. Mix vigorously, before adding the spring onions and herbs. Toss together, then cover and cook for 3-5 mins, shaking the pan occasionally, until all the clams have opened and the noodles have become transparent.

2 Discard any closed clams, then transfer everything to a serving platter or plates and drizzle with the lime zest and juice. Top with some extra herbs and sliced chillies.

King prawn & mango rice paper salad

Use any variety of seafood or meat for this dish, such as langoustines or leftover cold cuts, or make it veggie-friendly by using marinated artichokes and fried tofu. It is great as a starter or as a complete meal with steamed rice.

SERVES 4 **PREP** 15 mins
COOK 15 mins **MORE EFFORT**

400ml coconut water or water
8 raw shell-on king prawns, trimmed
1 unripe mango, peeled and cut into thin moons
1 beetroot (any kind, but just be mindful of the red bleed), julienned (optional)
100g sugar snap peas, sliced lengthways
8 quail's eggs, cooked, peeled and halved
4 x 22cm sheets of rice paper, snipped into 3cm strips
1 tbsp dried shrimp, coarsely ground with a pestle and mortar (optional)
2 tbsp crispy shallots
40g Vietnamese coriander or Thai basil
1 tbsp toasted peanuts or cashews, roughly chopped

For the dressing

40g tamarind paste
2 tbsp brown soft sugar
2 tbsp premium fish sauce
1 small round shallot, finely diced
1 bird's eye chilli, sliced diagonally
2 tbsp roasted peanuts or cashews, roughly chopped

1 To make the dressing, put the tamarind paste and sugar into a bowl, and pour over 100ml boiling water. Set aside for 5 mins, then break up any chunks of paste with a spoon and mix thoroughly. Pass the mixture through a sieve, then add the fish sauce, shallot and chilli.

2 Pour the coconut water into a pan and bring to the boil, then add the prawns and swirl the water around. Cover and cook for 2-3 mins until the prawns are pink and opaque. Drain and set aside to cool to room temperature.

3 Combine the green mango, beetroot, sugar snap peas, quail's eggs, prawns and strips of rice paper in a large bowl.

4 Mix the nuts into the dressing, then drizzle some over the salad and toss until the rice papers have softened. Finish with the dried shrimp, if using, crispy shallots, herbs and extra nuts. Use the remaining dressing for dipping the prawns once peeled.

Recipes extracted from *Quick & Easy Vietnamese* by Uyen Luu (£25, Hardie Grant). Photographs © Uyen Luu. Recipes are not retested by us.

Heavenly hardy greens

Be inspired by Anna Shepherd's brilliant recipes to make the most of seasonal, nutrient-rich leafy greens

Sweetheart red curry

This mildly spicy and creamy coconut curry is as rewarding to make as it is delicious to eat – whizzing up your own curry paste feels like kitchen alchemy (albeit simple blender magic). The smoky charred cabbage is a great, tender partner to the confidence of chilli, citrus and coriander. The curry paste makes double what you'll need for the curry, but any extra can be kept chilled for five days or frozen for six months.

SERVES 4 **PREP** 30 mins plus soaking **COOK** 50 mins **EASY**
❄ curry paste only

For the curry paste
- 4 dried pointed chillies
- 3 shallots, halved
- 4 garlic cloves
- 1 red chilli, deseeded
- 1 green chilli, deseeded
- 2 lemongrass stalks, roughly chopped
- 6cm piece of galangal, peeled
- 6cm piece of ginger, peeled
- bunch of coriander, stalks only, leaves reserved to serve
- 1 tsp fish sauce
- 4 lime leaves
- 50ml vegetable oil

For the curry
- 200g firm tofu
- 2 tbsp vegetable oil
- 1 sweetheart or pointed cabbage, cut into quarters
- 1 tbsp soy sauce
- 1 tbsp honey
- 1 tbsp tomato purée
- 1 tbsp ground cumin
- 2 tsp ground coriander
- 400g can coconut milk
- 800ml vegetable stock
- 1 tbsp fish sauce
- 200g carrots, peeled, then peeled into long ribbons

To serve
- cooked rice
- 1 lime, cut into wedges
- coriander leaves

1 Cover the dried chillies with boiling water and soak for 20 mins. Drain and add to the bowl of a food processor with the other curry paste ingredients and ½ tsp fine salt. Blitz until a smooth paste forms, scraping down the sides with a spatula a few times. You should have roughly 200g curry paste from this mixture. Measure out 100g for today's curry.
2 Slice the tofu in half, then place between two sheets of kitchen paper and put a plate on top to weigh it down – this will extract as much liquid as possible.
3 Heat 1 tbsp of the oil in a large, deep frying pan over a high heat. Fry the cabbage wedges, cut-side down, for 4 mins until charred. Flip the wedges over and fry, without moving the pan too much, for another 3 mins (this can be a smoky job). Lift the charred cabbage onto a plate and set aside.
4 Cut the tofu into 2cm cubes. Heat the remaining oil in the same pan and turn the heat down to medium. Fry the tofu cubes, turning every couple of minutes, until golden all over. Stir in the soy sauce and honey. Everything should bubble and turn syrupy almost immediately. Scrape the tofu and its sauce onto a separate plate and wipe the pan out.
5 Return the pan to a medium heat and add the curry paste. Fry for 3 mins until fragrant, then add the tomato purée and fry for 5 mins more, stirring regularly to prevent the paste from sticking – if it does, add a splash of water. Stir in the dried spices and continue to cook for 1 min until fragrant, then pour in the coconut milk, vegetable stock and fish sauce before stirring to combine. Tip in the carrots and stir again. Arrange the cabbage quarters around the pan, so that there's no overlap but the cabbage isn't submerged by the sauce. Sprinkle 1 tsp salt over the vegetables and sauce, then bring to the boil. Turn the heat down to a simmer and cook, uncovered, for 25 mins until the sauce has thickened, adding the tofu 5 mins before the end of the cooking time.
6 Spoon the curry into warm bowls and serve with rice, lime wedges and a scattering of coriander leaves.

tip
VARIATIONS
Roast or grill halved brussels sprouts or cauliflower florets until tender and charred, then stir into the curry sauce.

Pantry greens & beans soup

I make this soup when I'm feeling thinly spread: it's low effort/high reward and extremely nourishing without tasting worthy. Be generous when drizzling the olive oil – it's a wonderful carrier of flavour and elevates the greens from grassy to unctuous.

SERVES 4 **PREP** 20 mins **COOK** 40 mins **EASY** **V**

2 leeks
4 tbsp extra virgin olive oil, plus extra for drizzling
1 carrot, peeled and finely chopped
1 celery stick, finely chopped
bunch of parsley
2 bay leaves
4 garlic cloves
1 cinnamon stick
400g can borlotti beans, drained
1.2 litres low-salt vegetable or chicken stock, or bouillon
200g cavolo nero, roughly chopped

For the topping

1 garlic clove
1 unwaxed lemon
25g parmesan or vegetarian alternative, very finely grated
1 tsp cornflour
neutral oil, for frying
flaky salt

1 Finely chop the white end of the leeks and set aside. Discard the roots. Where the leaves turn green and begin to fan out, finely slice a handful and set aside.
2 Heat the oil in a large pan over a medium-high heat and add the leek slices, carrot and celery. Sprinkle over 2 tsp salt and a big grind of black pepper, and cook, stirring occasionally, for 15 mins until the leeks are sweet and translucent, and the vegetables have reduced in volume by half.
3 Meanwhile, separate the parsley stalks and leaves, and finely chop the stalks. Add the parsley stalks to the pan. Turn the heat down to medium. Finely chop the parsley leaves, tip into a small bowl and set aside. After 5 mins, stir the bay leaves, garlic and cinnamon into the pan, and cook for a couple of minutes until fragrant. Add the beans, vegetable stock and cavolo nero, and bring to the boil. Turn the heat down to a simmer and cook, covered with a lid, for 15 mins, until the cavolo nero is wilted.
4 To make the topping, finely chop the garlic and add to the bowl with the parsley. Add the lemon, then stir in the cheese. Cut the lemon in half and squeeze the juice into the soup.
5 Toss the reserved leek in the cornflour, then pour 2mm of oil into a small pan. Heat the pan over a medium-high heat. Lay a piece of kitchen paper over a cooling rack by the hob. Fry the leek for 2 mins, stirring regularly, until crispy and beginning to turn golden. Lift out with a slotted spoon and transfer to the kitchen paper. Sprinkle immediately with flaky salt.
6 Before serving, taste the soup and adjust the seasoning. Ladle into warm bowls and serve with 1 tsp of the topping and a handful of fried leeks. Drizzle over a generous helping of oil. *Can be made up to five days in advance and will keep covered and chilled (without the crispy leeks on top).* The soup benefits from having time to allow the flavours to mingle and tastes better the day after it's made.

Orecchiette with shaved brussels sprouts & brown butter hazelnuts

This dish is inspired by an interview I read with chef Margot Henderson describing the cabbage pasta with truffle oil that her now husband Fergus cooked for her when they were first dating.

SERVES 2 **PREP** 15 mins
COOK 25 mins **EASY** **V**

For the pasta
- 400g brussels sprouts
- 200g dried orecchiette
- 1 tbsp extra virgin olive oil
- 20g unsalted butter
- 2 shallots, finely chopped
- 1 green chilli, finely chopped (seeds and all)
- 2 garlic cloves, finely chopped
- parmesan or vegetarian alternative, to serve

For the hazelnuts
- 30g unsalted butter
- 50g hazelnuts, toasted and chopped
- 1 rosemary sprig, leaves picked and chopped

1 Fill and boil the kettle. Cut the root end off the brussels sprouts and place the flat cut sides on a chopping board. Finely slice each sprout into thin pieces, turning each on its side when your knife gets perilously close to your fingertips to chop it into even pieces. Alternatively, use a mandoline to shave the sprouts finely – use a finger guard! Keep the prepared sprouts in a bowl until ready to use.

2 Tip 1 litre of the boiling water into a pan and add 1 tbsp salt. Bring to the boil, add the pasta and boil for 1 min less than pack instructions.

3 Meanwhile, heat the butter for the hazelnuts in a small pan over a medium heat. When the butter has completely melted it will turn foamy on top, then solids will fall to the base of the pan under the surface of the melted butter which will turn a rich brown and smell toasty. At this stage, remove from the heat (it will take about 5 mins). Stir in the hazelnuts and rosemary, and set aside.

4 Heat the olive oil and butter in a deep frying pan over a medium heat. When the butter is melted and sizzling, tip in the shallots, chilli and garlic, and fry for a couple of minutes until the shallots have softened and everything is fragrant. Add the sprouts and season generously with salt and pepper. Turn the heat up to high and cook, stirring regularly, until the sprouts are deep brown in places and tender. Taste to check they have lost most of their bitterness.

5 Drain the pasta, reserving 150ml of the cooking water. Tip the pasta into the pan along with the sprouts and the cooking water, and turn the heat down to medium. Stir continuously until the starchy cooking water coats every piece of pasta to form a creamy sauce.

6 Pile the pasta into warm bowls, then spoon half of the brown butter over each portion. Top with finely shaved parmesan and an extra crack of black pepper.

Smoky buttered romanesco with creamy white beans

SERVES 4 **PREP** 25 mins
COOK 45 mins **EASY** **V**

- 1 large romanesco (about 750g)
- 1 tbsp extra virgin olive oil, plus extra for drizzling
- 50g unsalted butter
- 2 garlic cloves, finely sliced
- 1 red chilli, finely sliced
- 1 tsp hot smoked paprika
- small bunch of parsley
- 50g almonds, toasted and roughly chopped

For the pickle

- 1 red onion, very finely sliced into rounds on a mandoline
- 1 tbsp red wine vinegar
- 1 tsp caster sugar

For the beans

- 2 tbsp extra virgin olive oil
- 2 garlic cloves, finely chopped
- 1 bay leaf
- 600g jar butter beans, drained
- 200ml vegetable stock

1 Heat the oven to 200C/180C fan/gas 6. Trim the base of the romanesco, discard any discoloured or very large, tough leaves, and set the remaining leaves aside. Cut a deep 'x' in the stalk of the romanesco, then place it snugly in a small, deep roasting dish and pour 100ml water around the base. Cover tightly with foil and bake for 30 mins.

2 Meanwhile, make the red onion pickle. Scrunch the red onion in a small mixing bowl with the vinegar, sugar and a pinch of salt until the slices soften. Place a bowl or jar on top of the onions to weigh them down, then set aside.

3 Heat the olive oil for the beans in a small pan over a medium heat and add the garlic and bay leaf. Stir for 30 seconds until fragrant. Add the beans and stock, and cook, stirring occasionally, for 15 mins.

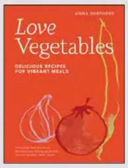
4 Remove the foil from the romanesco and drizzle generously with olive oil (there may be some water in the base of the dish, but this will continue to evaporate). Scatter over a little salt and pepper, then return to the oven for a final 15 mins, until black in places and tender to the point of a sharp knife. When there is 7 mins left of cooking time, drizzle the reserved leaves with oil and arrange around the whole vegetable.

5 To make the smoky butter, heat 1 tbsp oil and the butter in a small frying pan over a low heat. When the butter is melted, stir in the garlic and chilli, and continue to cook over a low heat for 7-8 mins, until the garlic is golden. Remove from the heat and stir in the hot smoked paprika.

6 Lift the bay leaf out of the beans and use a hand blender to purée the mixture until smooth. Season generously with some freshly ground black pepper.

7 Spread the bean purée over a large serving platter. Cut the romanesco into quarters and arrange on top of the beans. Finely chop three-quarters of the parsley and stir into the smoky butter, then pour over the top of the romanesco. Scatter over the almonds and remaining parsley leaves.

8 Drain the onion pickle and serve in a bowl alongside.



Recipes extracted from *Love Vegetables* by Anna Shepherd (£20, White Lion Publishing). Photographs © Haarala Hamilton. Recipes are not retested by us.

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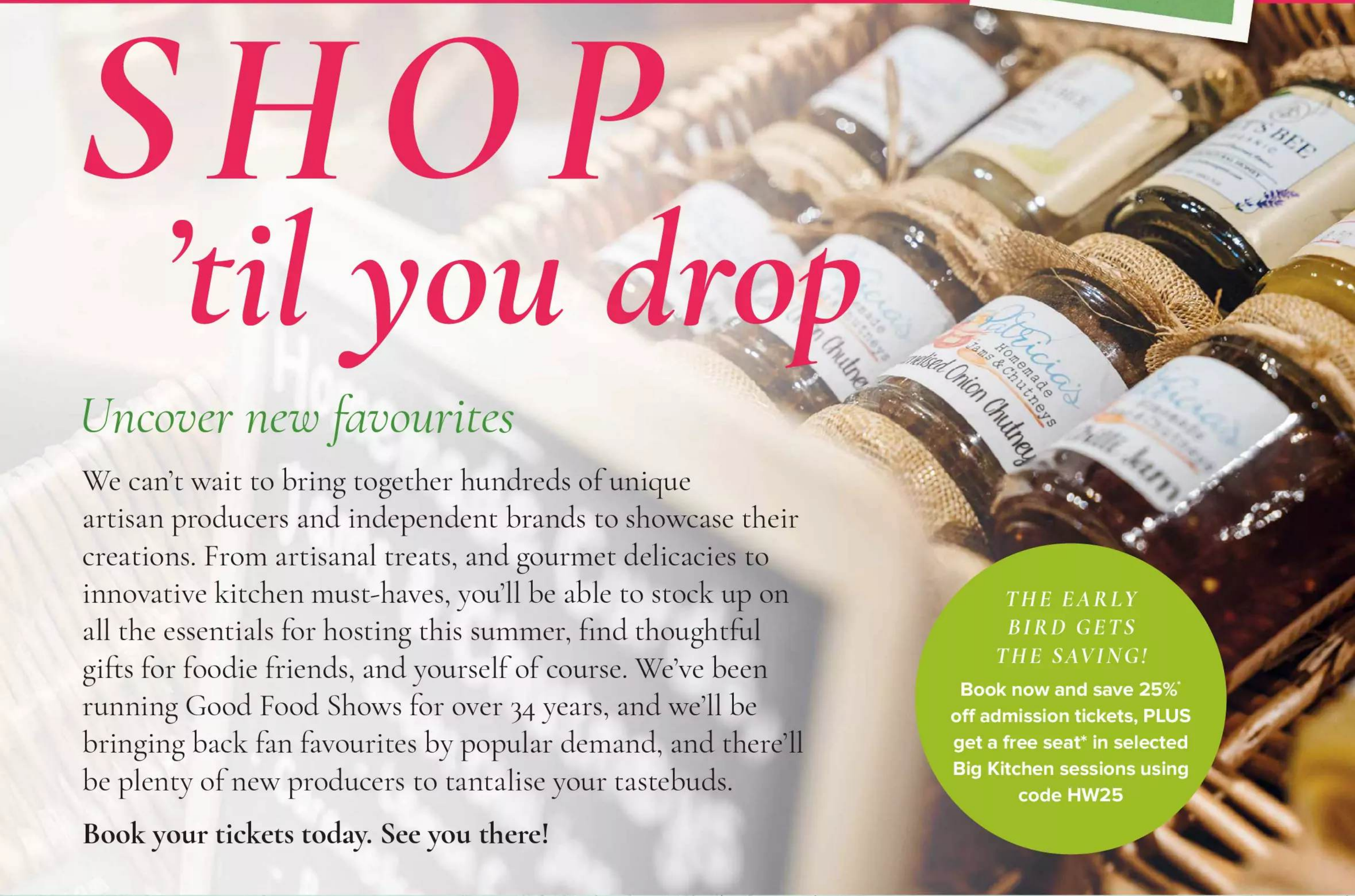

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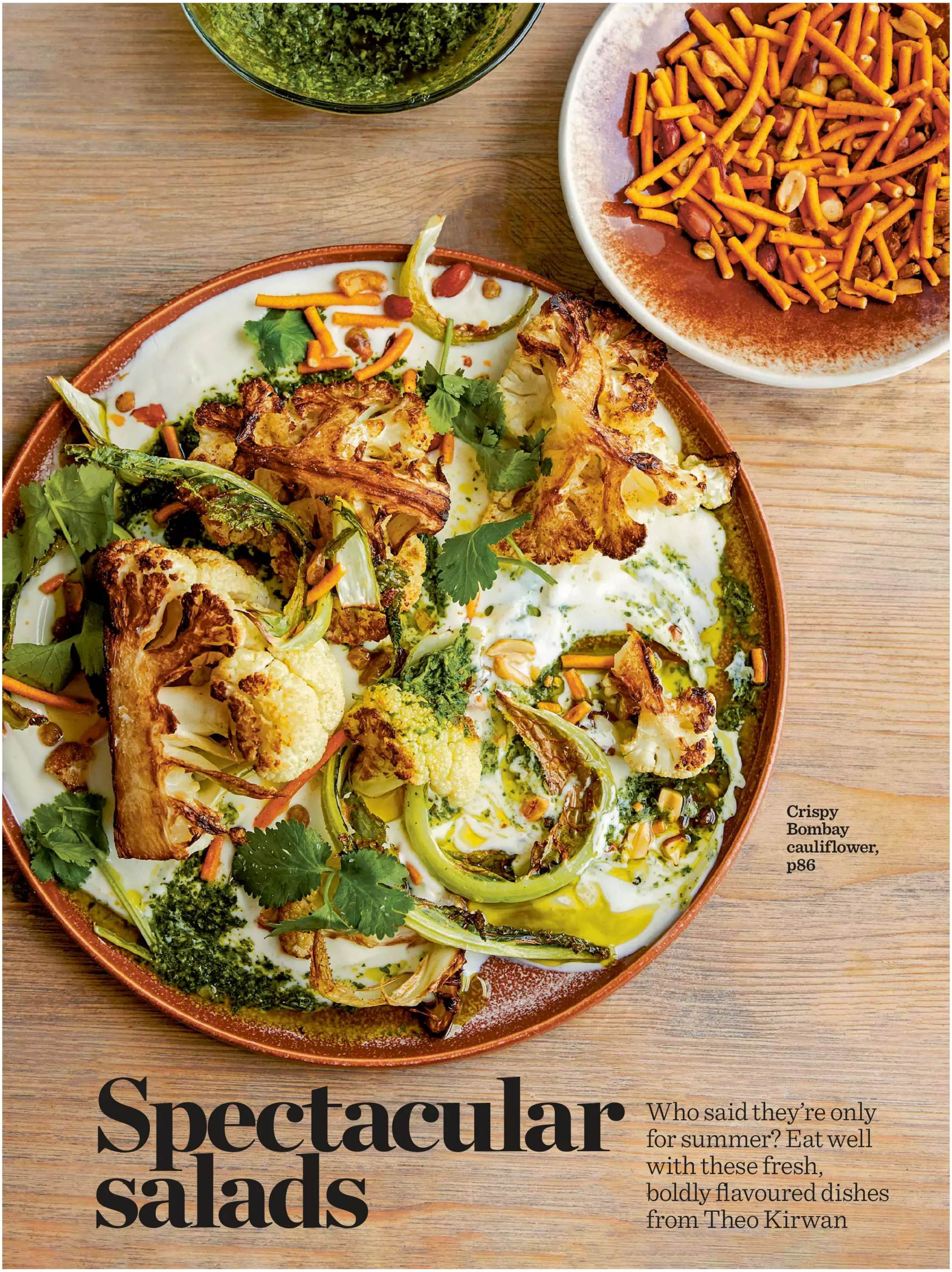


Crispy Bombay cauliflower, p86

Spectacular salads

Who said they're only for summer? Eat well with these fresh, boldly flavoured dishes from Theo Kirwan

A posh fennel & kohlrabi salad

This is an elegant way to serve fennel. Finely shaved, it still has some crunch but in a fresh, cleansing way. Serve alongside a simple piece of cooked fish.

SERVES 2 as a main or 4 as a starter
PREP 25 mins **NO COOK** **EASY** **VE**

- 1 kohlrabi
- 1 fennel bulb
- ½ lemon, juiced
- 1 orange
- 1 red chilli, finely sliced
- large handful of flat-leaf parsley, finely chopped
- 2 tbsp olive oil

1 Peel the kohlrabi, then cut in half lengthways and finely slice into half-moons using a mandoline, if you have one. Trim the stalks from the fennel bulb, reserving the fronds and root end, then cut into similarly thin slices. Tip the kohlrabi and fennel slices into a bowl with the lemon juice and a generous pinch of salt. Finely chop the reserved fennel fronds and set aside.
2 Zest the orange and set the zest aside. Slice off the top and bottom of the orange, then peel the skin off with a sharp serrated knife, removing as much of the white pith as you can. Cut the orange in half lengthways. Squeeze the juice of one half over the fennel and kohlrabi, then slice the other half into segments.
3 Add the orange segments to the bowl with the red chilli, parsley, olive oil and 4-5 grinds of black pepper.
4 Pile everything on to a serving plate and top with the orange zest, the chopped fennel fronds and a little more black pepper if needed.

Crispy Bombay cauliflower

Cauliflower when deeply roasted has a complex flavour, so do your best to get that colour, as it makes a huge difference to the end result.

SERVES 4 as a side **PREP** 20 mins
COOK 25 mins **EASY** **V**

- 1 large cauliflower
- 5 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander

For the sauce

- handful of coriander
- handful of mint, leaves picked
- handful of flat-leaf parsley
- 1 small garlic clove, peeled
- 1 tsp ground cumin
- ½ tsp chilli flakes
- 4 tbsp extra virgin olive oil
- 1 lemon, juiced

To serve

- 150g natural yogurt
- 50g Bombay mix, crushed
- pinch of chilli powder
- small handful of fresh coriander leaves
- squeeze of lemon juice

1 Heat the oven to 240C/220C fan/ gas 9.
2 Cut the cauliflower into four equal wedges, reserving any leaves.
3 Heat 4 tbsp olive oil in a large ovenproof frying pan over a high heat and fry the cauliflower, cut-sides down, for 3-4 mins on each flat side, or until they start to colour.
4 Add the cumin, ground coriander, a generous pinch of flaky sea salt and a few grinds of black pepper to the cauliflower, and toss to coat, then put the pan in the oven for 15-20 mins, depending on the size of the cauliflower, until tender.
5 Put the cauliflower leaves in a bowl and toss in the remaining 1 tbsp oil. Add the leaves to the pan in the oven for the final 5 mins of cooking until starting to crisp. Remove from the oven and season the leaves with salt.
6 Meanwhile, blitz all the sauce ingredients in a blender or food processor until smooth.
7 Spoon the yogurt on to a serving platter, then dollop on the sauce and ripple it through the yogurt. Arrange the cauliflower and crispy leaves on top. Top with the Bombay mix, chilli powder and coriander leaves, and a squeeze of lemon juice.

Chaat potatoes with tamarind, yogurt & pickles

This recipe is a play on the much-popularised fried chaat potatoes found at Indian street markets.

SERVES 4 as a side **PREP** 20 mins
COOK 20 mins **EASY** **V**

1 kg baby potatoes, scrubbed
2 tbsp chaat masala
4 tbsp sunflower oil
handful of fresh coriander, roughly chopped, to serve
pickled shallots & chillies (see right)

For the tamarind yogurt

6 tbsp natural yogurt
1 tbsp tamarind paste
1 tbsp mayonnaise
1 tsp clear honey
1 tsp ground cumin
2cm piece of ginger, grated
1 garlic clove, finely grated

1 Heat the oven to 220C/200C fan/gas 7.

2 Cut the baby potatoes in half lengthways so you have nice long wedges. Tip into a large bowl with the chaat masala, sunflower oil and ⅓ tsp salt, then mix together so the potatoes are completely coated.

3 Spread the potatoes out, cut-side down, on a large baking tray, so that they are taking direct heat from the pan which ensures maximum crispiness, then bake for 20-30 mins.

4 Mix all the tamarind yogurt ingredients together in a bowl and taste for seasoning – depending on the brand of tamarind you are using, it might need more salt. It should be tart and creamy but the little touch of honey should bring balance.

5 Pour the yogurt on to a large serving plate and spread out. Scatter with the chopped fresh coriander, then arrange the crispy potatoes over the top. Sprinkle with the pickled shallots and chillies, and a little spoonful of the pickle liquor across the plate – this really brings the dish to life.

Pickled shallots & chillies

Whisk together 110ml boiling water, **65ml rice vinegar**, **3 tbsp sugar** and 1 generous tsp flaky sea salt until the sugar and salt have dissolved, then leave to cool. Peel and slice **2 shallots**, **1½ green chillies** and **1½ red chillies** into even rounds. Add to the cooled pickling liquor, pushing the vegetables below the surface. Transfer to a sterilised container. *Will keep chilled for up to one month.*

Butternut squash with walnut pesto & feta

I get most of my recipe ideas from past memories and this one came from a butternut squash bruschetta with these flavours that I enjoyed years ago. The sweetness of the squash contrasts nicely with the tangy, spicy pesto and salty feta. It's lovely for a warm winter salad, but could be baked into a pasta dish or bulked out with cannellini beans.

SERVES 2-4 as a side **PREP** 20 mins
COOK 35 mins **EASY** **V**

1 butternut squash (about 1kg)
3 tbsp olive oil
100g feta or vegetarian alternative, sliced
chilli flakes, to serve

For the pesto

75g walnuts
½ tbsp fennel seeds
1 garlic clove, peeled
15g parmesan or vegetarian alternative, grated
large handful of basil (about 20g), plus extra leaves to serve
400g sun-dried tomatoes, finely chopped
2 tbsp red wine vinegar
10 tbsp extra virgin olive oil

1 Heat the oven to 210C/190C fan/gas 6 ½.
2 Cut the butternut squash in half lengthways and scoop out the seeds, then cut into chunky wedges. Place on a baking tray, add the olive oil and a generous pinch of salt, and toss with your hands until well coated. Roast for 30 mins, turning halfway through, until golden, soft and the skin has crisped up slightly.
3 To make the pesto, spread the walnuts and fennel seeds out on a separate baking tray, add to the oven with the squash and roast for 5 mins. Remove and set aside to cool.
4 Blend the toasted walnuts and fennel seeds with the garlic, parmesan and basil in a food processor until the texture of breadcrumbs, then add the sun-dried tomatoes, wine vinegar and 5 tbsp olive oil, and blend again until it forms a pesto retaining some consistency.
5 Arrange the roasted squash and feta on a serving plate or platter, followed by a few generous dollops of the pesto, some extra basil and a sprinkle of chilli flakes.
6 Store any remaining pesto in an airtight jar covered with the remaining 5 tbsp of oil to preserve it. *Will keep chilled for up to one week.*

Sesame cabbage with poached chicken

Poaching chicken is a quick way to get a flavourful broth and keeps the meat moist. The tahini dressed cabbage is inspired by the classic Chinese sesame cabbage salad, with the chicken liquor making it extra creamy and full of flavour.

SERVES 2 **PREP** 15 mins
COOK 15 mins **EASY**

- 2 spring onions, roughly chopped
- 3cm piece of ginger
- 1 tbsp chicken stock powder or 1 chicken stock cube, crumbled
- 2 chicken breasts
- 1 sweetheart cabbage

For the dressing

- 3 tbsp Chinese sesame paste or tahini
- 5 tbsp chicken poaching water (see step 2)
- ½ lemon, juiced

To serve

- 1 heaped tbsp crispy chilli oil
- cooked jasmine rice or noodles

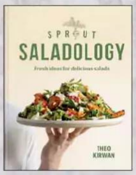
1 Bring a large pan of water to the boil, then stir in the spring onions, ginger and chicken stock powder or cube, turn down to a low simmer and carefully place the chicken breasts in the water. Poach for 8-10 mins, depending on the chicken's size, until cooked through.

2 Remove the chicken from the water to a plate, reserving 5 tbsp of the poaching liquor to use in the dressing, and allow to rest for 5 mins.

3 To make the dressing, mix all the ingredients together in a large bowl.

4 Finely shred the cabbage into thin ribbons and add to the bowl of dressing along with a pinch of salt. Toss everything together so that the cabbage is well coated in the tahini dressing.

5 Pile the cabbage on to a serving plate, then slice the chicken breasts up neatly, place them on top of the cabbage and season with a little salt. Spoon over as much crispy chilli oil as you like, then serve alongside a bowl of jasmine rice or noodles.



Recipes extracted from *Sprout & Co Saladology* by Theo Kirwan (£22, Mitchell Beazley). Photographs © Matt Russell. Recipes are not retested by us.

olive's
TOP 20 HEALTHY SPECIALS

The best good-for-you picks from our sister magazine, including hearty high-protein dishes, satisfying low-calorie meals and light but luscious puddings

Sesame-crusted tuna with miso dressing, p92

Tofu katsu curry, p92

Sesame-crusted tuna with miso dressing

Coat tuna steaks in sesame seeds and serve on a crunchy sugar snap pea and edamame salad for a quick, protein-rich meal.

SERVES 2 | **PREP** 25 MINS | **COOK** 5 MINS | **EASY**

1 tbsp **miso paste**
1 tbsp **rice vinegar**
thumb-sized piece of **ginger**, grated
1 **Little Gem lettuce**, cored and cut into chunky pieces
100g **sugar snap peas**
handful of **radishes**, quartered
75g **edamame**
½ **red onion**, finely sliced
1 **red chilli**, finely chopped
small pack of **coriander**, torn
2 **tuna steaks**
3 tbsp **sesame seeds**
2 tsp **sesame oil**

1 For the dressing, put the miso into a bowl and add 50ml of cold water, whisking to dissolve. Stir in the rice vinegar, ginger and some seasoning.
2 For the salad, tip the lettuce, peas, radishes, edamame, onion, chilli and coriander into a large bowl, then toss gently with the dressing.
3 Cut the tuna steaks into 3cm fingers, then put the sesame seeds onto a plate and roll over the tuna to cover all the sides.
4 Heat the sesame oil in a non-stick frying pan over a medium-high heat. Cook the tuna pieces for 30 seconds on each side, just to sear and toast the sesame seeds.
5 Divide the salad between two plates and serve with the tuna pieces sat on top.

PER SERVING 380 kcals | fat 13.7G | saturates 2.3G | carbs 14G
sugars 8.9G | fibre 6.9G | protein 46.6G | salt 1G

Tofu katsu curry

A clever veggie version of a Japanese curry classic, made by coating slabs of tofu with breadcrumbs, baking them and serving with a curried carrot, ginger and honey sauce.

SERVES 4 | **PREP** 30 MINS | **COOK** 40 MINS | **EASY** | V

2 tbsp **plain flour**, well seasoned
4 tbsp **coconut yogurt**
125g **panko breadcrumbs**
2 x 280g blocks **firm tofu**, each cut into 4
spray oil
140g **jasmine rice**
½ **cucumber**, peeled into ribbons
1 **carrot**, peeled into ribbons
handful of **radishes**, thinly sliced
2 tbsp **rice vinegar**
SAUCE
2 tsp **vegetable oil**
½ **onion**, finely chopped
½ large **carrot**, sliced
thumb-sized piece of **ginger**, grated
2 **garlic cloves**, crushed
1½ tbsp **plain flour**
1 tbsp **medium curry powder**
500ml **vegetable stock**
1 tbsp **soy sauce**
½ tsp **honey** or **agave syrup**

1 For the sauce, heat the vegetable oil in a pan and cook the onion, carrot and a pinch of salt for 10 mins until the onion is soft. Add the ginger and garlic, and cook for a few mins before tipping in the flour and curry powder. Cook for another 2 mins, stirring constantly. Gradually add the vegetable stock while stirring until you have a smooth sauce. Simmer for 15 mins until thickened, then add the soy and honey, and use a hand blender to whizz until smooth. Keep warm.
2 Heat the oven to 200C/fan 180C/gas 6. Put the seasoned flour onto a plate, with the yogurt on another and the breadcrumbs on a third. Roll the tofu pieces first in the flour, then coat thoroughly in the yogurt and finally coat in the breadcrumbs.
3 Put the tofu onto a rack above a baking tray and spray each piece with oil. Bake for 20-25 mins or until golden and crisp.
4 Put the jasmine rice into a pan with 280ml of water and a pinch of salt. Bring to the boil, turn the heat to low, cover with a lid and cook gently for 10 mins, then leave to steam with the lid on for 10 mins.
5 Tip the cucumber, carrot and radishes into a bowl, add the rice vinegar and a pinch of salt, and toss well.
6 Divide the rice between plates and top with the tofu, some pickles and finally the sauce.

PER SERVING 548 kcals | fat 13.8G | saturates 5.2G | carbs 80.8G
sugars 10G | fibre 6G | protein 22.2G | salt 1.5G

RECIPE KEY V **vegan** V **vegetarian**

Spicy peanut butter chicken breast

Serve the rice, chicken and veg with the sauce poured over, and the coriander and spring onions sprinkled on top.

SERVES 2 | PREP 15 MINS PLUS CHILLING AND RESTING | COOK 15 MINS EASY

2 skinless **chicken breasts**
spray oil
75g **green beans**
75g **baby corn**
100g **wholegrain rice**
small handful of **coriander**, chopped
2 **spring onions**, thinly sliced
DRESSING
2 tbsp **crunchy peanut butter**
1 tbsp **sriracha**
1 tbsp **soy sauce**
2 tbsp **rice vinegar**

1 Heat the oven to 200C/fan 180C/gas 6. Season the chicken and chill for 15 mins. Remove the chicken from the fridge, put onto a tray lined with baking paper, spray with a little oil and roast for 5 mins. Add the green beans and baby corn to the tray, tossing well and roasting for 10 mins until the chicken is just cooked through. Cover loosely with foil and rest for 10 mins.
2 Meanwhile, cook the wholegrain rice in a large pan of lightly salted boiling water, then drain well.
3 For the dressing, whisk together all the ingredients with 75ml water and some seasoning to make a loose sauce.
4 Serve the rice, chicken and veg with the sauce poured over and the coriander and springs onions sprinkled on top.

PER SERVING 580 kcals | fat 15.8G | saturates 3.2G | carbs 50.2G sugars 10.9G | fibre 5.6G | protein 56.5G | salt 1.8G

Chicken saag

Spinach gives richness to the sauce but has little fat.

SERVES 4 | PREP 15 MINS
COOK 35 MINS | EASY

200g **young spinach**, washed
1 large **onion**, grated
2 **garlic cloves**, crushed
groundnut oil, for frying
4 **cardamom pods**, seeds crushed
1 tsp **ground turmeric**
3 tsp **ground cumin**
2 tsp **ground coriander**
4 **tomatoes**, chopped
200ml **chicken stock**
4 skinless **chicken breasts** (approximately 500g), cut into chunks
naan, to serve

1 Put the spinach in a colander and pour over a kettle full of boiling water to wilt. Drain well and chop.

2 Cook the onion and garlic in a non-stick pan with 2 tsp oil. Add the spices and cook for 2-3 mins. Add the tomatoes and chicken stock, and simmer for 15 mins. Add the spinach and cook for 5 mins, then blend everything with a hand blender or in a food processor. Add the chicken and cook gently for 5 mins until done. Serve with naan bread if you like.

PER SERVING 203 kcals | fat 4.5G | saturates 1G | carbs 8G | fibre 3G protein 35G | salt 0.5G

Tuscan-style pork loin steaks

This delicious recipe for pork steaks ticks all the right boxes for a nutritious midweek meal. It's low calorie, low fat, low sugar, low salt and also high in protein.

SERVES 3 | **PREP 15 MINS**
COOK 15 MINS | **EASY**

olive oil spray
2 **garlic cloves**, crushed
6 **plum tomatoes**, chopped
1 tbsp **balsamic vinegar**
½ **lemon**, zested and juiced
1 tbsp small **capers**
150g **greens**, **spinach** or **kale**
400g tin of **butter beans**, rinsed and drained
3 (100g each) **pork loin steaks**, fat trimmed
handful of **oregano**, chopped
handful of **basil**, chopped

1 Heat a spray of oil in a frying pan, and fry half the garlic for a minute. Add the tomatoes, vinegar, a splash of water, lemon zest and capers, and simmer for 2-3 mins to soften. Leave to cool.
2 In another pan, fry the remaining garlic in a spray of oil. Add the greens, butter beans and the lemon juice with a splash of water, if you need to, to wilt the greens. Season well.
3 Season the pork chops and spray with a little olive oil. Grill the pork chops for 2-4 mins on each side until cooked through. Add the oregano and basil to the tomatoes and season. Divide the greens and beans between plates or bowls. Top with the pork steaks and the tomato relish.

PER SERVING 229 kcals | fat 4.2G
saturates 1.1G | carbs 16.3G | sugars 6.6G
fibre 6.2G | protein 28.3G | salt 0.4G

Cauliflower couscous salad

SERVES 6 | PREP 25 MINS | COOK 30 MINS | EASY | V

1 large **cauliflower**, broken into florets, reserving any leaves
1 **red onion**, halved and sliced
1 tsp **ground turmeric**
olive oil
300g **giant couscous**
1 **lemon**, juiced
1 **garlic clove**, crushed
4 tbsp **flame** or **golden raisins**
6 **dates**, pitted and chopped
small bunch of **flat-leaf parsley**, chopped
1 tbsp **crispy fried onions** (available from large supermarkets)
1 tbsp **pine nuts**, toasted until golden
ZHOUG
½ small bunch of **coriander**, chopped, plus leaves to serve
½ small bunch of **flat-leaf parsley**, chopped
1 **green chilli**, chopped
½ tsp **ground cumin**
1 tbsp **red wine vinegar**
½ **garlic clove**, chopped

1 Heat the oven to 190C/170C fan/gas 5. Toss the cauliflower and onion with the turmeric and 2 tbsp olive oil. Season well and toss again, then spread on a large non-stick baking tray and cook for 25-30 mins (add the leaves for the final 15 mins) or until the cauliflower is tender and charred a little at the edges. Cool.
2 Simmer the couscous in boiling salted water until just tender, then drain. Tip into a bowl and add the lemon juice, 3 tbsp of oil, garlic, raisins, dates and lots of seasoning. Toss and leave to sit.
3 Meanwhile, put all the zhoug ingredients into a small blender with some seasoning and 2-3 tbsp of water, and whizz until smooth and a vibrant green.
4 Toss the cauliflower and parsley in the couscous. Drizzle with zhoug and scatter with crispy fried onions and pine nuts.

PER SERVING 423 kcals | fat 13.6G | saturates 1.7G | carbs 62G
sugars 22.7G | fibre 5.4G | protein 10.6G | salt 0.1G

Chorizo, roasted red pepper & pea frittata

Liven up your frittata with chorizo and a kick of chilli, then pop under the grill until puffed and golden.

SERVES 2 | PREP 5 MINS | COOK 10 MINS | EASY

olive oil, for drizzling
60g **chorizo**, diced
½ **red onion**, finely sliced
½ **red chilli**, finely sliced
2 **garlic cloves**, thinly sliced
2 **roasted red peppers** from a jar, drained and sliced
100g **frozen peas**
4 **eggs**, beaten
25g **parmesan**, finely grated
handful of **rocket**, dressed with **sherry vinegar**

1 Heat the grill to high. Heat a drizzle of oil in a non-stick ovenproof frying pan and fry the chorizo until crisp. Reduce the heat, add the onion and cook for 5 mins or until soft. Add the chilli and garlic, and cook for 2 mins. Add the red peppers and peas, then tip in the eggs and season generously.
2 Cook for 2-3 mins until the bottom is set and a little golden, then sprinkle with the parmesan and grill until puffed and golden on top. Serve with the dressed rocket.

PER SERVING 401 kcals | fat 25.2G | saturates 9.1G | carbs 11.5G
sugars 6.3G | fibre 4.1G | protein 30.1G | salt 2.7G

Vegan enchiladas

These sweet potato, corn and black bean enchiladas are less heavy than their cheese-laden counterpart but just as delicious. Put the dish in the centre of the table so everyone can tuck in.

SERVES 4 | PREP 20 MINS | COOK 50 MINS
EASY | V

1 tbsp **vegetable oil**
1 **red onion**, sliced
3 **red peppers**, sliced
3 **sweet potatoes**, peeled and cut into 2cm cubes
200g **sweetcorn**, frozen or tinned
400g tin of **black beans**, drained and rinsed
300ml **vegetable stock**
500ml **passata**
1-2 tsp **chipotle paste**
8 **tortilla wraps**
dairy-free yogurt or **crème fraîche**
1 **avocado**, sliced
small bunch of **coriander**, chopped
sliced **red chillies**
1 **lime**, cut into wedges, to serve
hot sauce, to serve (optional)
SPICE MIXTURE
2 tsp **ground cumin**
1-2 tsp **chilli powder** or **cayenne**
2 tsp **garlic granules**
2 tsp **dried oregano**
2 tsp **smoked paprika**

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1 Heat the oil in a frying pan over a medium heat and fry the onion and peppers for 10 mins until tender. Add the sweet potatoes, sweetcorn, beans and stock. Simmer for 15 mins until the stock has mostly evaporated and the potatoes are tender.
2 For the spice mixture, combine the dry spices in a small bowl with 1 tsp each of salt and black pepper. Sprinkle half over the vegetable mixture and cook for 1 min, then remove from the heat.
3 Simmer the passata with the remaining spice mixture and chipotle in a small pan over a low heat for 6-8 mins or until saucy.
4 Heat the oven to 200C/fan 180C/gas 6. Divide the vegetable filling between the wraps and roll up into fat cigars. Spoon some of the sauce into the base of a lasagne dish. Arrange the enchiladas into the dish in a single layer, pushing them against one another in a neat line, then pour over the remaining sauce. Bake for 20 mins until bubbling and the tortillas are golden. Spoon over the yogurt and scatter with the avocado, coriander and sliced chillies. Serve with lime wedges to squeeze over and hot sauce, if you like.

PER SERVING 568 kcals | fat 9.7G
saturates 2.5G | carbs 92.8G | sugars 26.5G
fibre 18.2G | protein 18.3G | salt 2.9G

Balsamic lentils with pork fillet

Balsamic offers a tartness to our vibrant pork dish. This well-balanced meal is high in protein but low in calories and salt.

SERVES 4 | **PREP** 20 MINS PLUS RESTING | **COOK** 20 MINS | **EASY**

olive oil, for frying
1 **onion**, finely chopped
1 **carrot**, finely diced
1 **celery stick**, finely diced
few **rosemary sprigs**, finely chopped
400g **pork tenderloin**, cut into 4 pieces
500g cooked **Puy lentils**
2 **Little Gem lettuces**, shredded
½ **lemon**, juiced
3 tbsp **balsamic vinegar**
small pack **flat-leaf parsley**, finely chopped

1 Heat 1 tbsp of olive oil in a deep frying pan and gently cook the onion, carrot, celery, rosemary and some seasoning for 15 mins until really soft.

2 Meanwhile, heat a non-stick frying pan until medium-hot. Drizzle the pork portions with a little oil and season all over. Cook for 5 mins on each side until really golden. Put onto a plate and cover tightly with foil to rest for 10 mins, then slice.

3 Add the lentils, lettuce, lemon juice and balsamic to the onion mixture, stir through and cook for 2-3 mins until the lettuce has just wilted. Season and stir through the parsley and any resting juices from the pork, spoon onto plates and top with the pork slices.

PER SERVING 490 kcals | fat 20.9G | saturates 5.5G | carbs 44.3G
sugars 7.4G | fibre 8.9G | protein 26.8G | salt 0.2G

Stuffed butternut squash with feta

Transform butternut squash into a colourful, low-calorie midweek dinner by stuffing it with rice, lemon zest, raisins, dill, pine nuts and feta.

SERVES 4 | PREP 10 MINS
COOK 50 MINS | EASY | V

1 large **butternut squash**
2 tbsp **olive oil**
2 long **shallots**, chopped
2 **garlic cloves**, crushed
200g **basmati rice**
400ml **vegetable stock**
1 **lemon**, zested and juiced
4 tbsp **raisins** or **dried cranberries**
½ small bunch of **oregano**, leaves picked and chopped
½ small bunch of **dill**, chopped
2 tbsp **pine nuts**, toasted
100g **feta**
320g **winter greens** or **spinach**, steamed

1 Heat the oven to 200C/180C fan/gas 6. Cut the squash in half through the middle and remove the seeds using a spoon. Rub with half the oil, season and put, cut-side up, on a baking tray. Roast for 40 mins.

2 Meanwhile, heat the remaining oil in a medium pan. Fry the shallots for 10 mins until soft. Add the garlic, fry for 30 seconds, then add the rice and cook for 2 mins, stirring to coat in the shallots and oil.

3 Pour in the stock, lemon zest and juice, and bring to a simmer. Stir in the raisins, most of the herbs and almost all of the pine nuts. Turn the heat to medium-low, cover and cook for 12-15 mins until the rice is tender and the stock has been absorbed.

4 After 40 mins, remove the squash from the oven and use a spoon to scoop out some of the flesh from the middle, creating a hollow (chop and stir the flesh into any left-over rice, or use in another recipe).

5 Fluff the rice with a fork, then spoon into the hollowed-out middles of the squash. Crumble over the feta. Turn up the oven to 220C/200C fan/gas 7 and bake the squash halves for 10 mins until the feta is golden and crisp. Scatter with the remaining herbs and pine nuts, and serve alongside any remaining rice with the winter greens or wilted spinach.

PER SERVING 489 kcals | fat 17.9G | saturates 4.9G | carbs 64.7G sugars 25.4G | fibre 6G | protein 14.3G | salt 1.5G

Healthy turkey stir-fry

Sauerkraut adds a delicious tang to this simple turkey stir-fry, balanced with earthy broccoli and mushrooms, zingy ginger and a sweet and salty sauce that gives this supper an added kick.

SERVES 4 | **PREP** 15 MINS | **COOK** 15 MINS | **EASY**

1 tsp **sesame oil**, plus 1 tbsp
320g **long-stemmed broccoli**, trimmed
500g **7% fat turkey mince**
20g **ginger**, grated
3 **garlic cloves**, minced
175g **sauerkraut**, drained
200g **shiitake mushrooms**, roughly chopped
2 tbsp **low-salt soy sauce**
2 tbsp **sweet chilli sauce**
2 tsp **cornflour**
600g **steamed brown rice**, to serve
coriander, roughly chopped to garnish

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1 Heat 1 tsp of the oil in a wok over a high heat. Once the oil is hot and shimmering, add the broccoli with a pinch of salt and cook for 3-4 mins, tossing occasionally, so it blisters and becomes tender-crisp. Transfer to a plate and cover.
2 Add the remaining oil to the wok followed by the turkey and a pinch of salt. Stir-fry for 5 mins, breaking up the meat. Add the ginger and garlic, stir-frying for a further minute until fragrant.
3 Put the sauerkraut on a piece of kitchen towel and, holding over a sink, squeeze out any excess liquid. Add the sauerkraut to the wok with the mushrooms and stir-fry for 3 mins.
4 Meanwhile, mix the soy and chilli sauces, cornflour and a splash of water to make a paste. Add to the pan with the broccoli and cook for 1-2 mins or until well coated. Season to taste and serve with the rice, garnished with the coriander.

PER SERVING 501 kcals | fat 12.3G | saturates 3.1G
carbs 53.9G | sugars 7G | fibre 8.4G | protein 40.9G | salt 2G

Healthy chicken stroganoff

SERVES 4 | **PREP** 15 MINS | **COOK** 25 MINS | **EASY**

2 tbsp **olive oil**
2 **long shallots**, thinly sliced
200g **chestnut mushrooms**, thickly sliced
2 **garlic cloves**, crushed
450g **skinless chicken breasts**, thinly sliced
1½ tbsp **cornflour**
150ml **chicken stock**
1½ tsp **dijon mustard**
80g **baby spinach**
150g **natural yogurt**
1 **lemon**, juiced to make 1 tsp
600g **cooked brown rice**
320g **steamed green beans**
½ small bunch of **flat-leaf parsley**, chopped

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1 Heat 1 tbsp of the oil in a non-stick frying pan over a medium heat. Cook the shallots for 10 mins until softened, reducing the heat and adding a splash of water if they start to catch.
2 Add the mushrooms and cook for 5 mins until softened and starting to turn golden. Add the garlic and cook for a further minute, season well and then scrape everything into a bowl.
3 Put the chicken in a large bowl and season. Sprinkle over the cornflour and toss to coat. Wipe the frying pan clean and add the remaining oil. Fry the chicken for 3-4 mins or until golden.
4 Add the stock and mustard, along with the mushroom mixture. Simmer for 5 mins or until the chicken is cooked through, and then stir in the spinach, cooking until just wilted. Add the yogurt and bring to a gentle bubble – don't simmer for too long or it may split. Stir in the lemon juice and season to taste. Serve with brown rice, green beans, the parsley and a final sprinkle of black pepper.

PER SERVING 480 kcals | fat 10.1G | saturates 2.2G | carbs 54G
sugars 6.3G | fibre 6.9G | protein 39.8G | salt 0.7G

Healthy fish cakes

These low-calorie, high-protein spiced salmon fish cakes are flavoured with red chilli, lime and ginger. Serve with carrot and cucumber ribbons for a vibrant, healthy dinner.

SERVES 4 | PREP 25 MINS PLUS CHILLING
COOK 30 MINS | EASY

600g **floury potatoes** (such as Maris Piper), peeled and cut into 2cm cubes
3 (approximately 360g) **salmon fillets**
2 **spring onions**, trimmed and finely chopped
1 **red chilli**, finely chopped
1 **lime**, juiced and zested, plus lime wedges to serve
ginger, grated to make 1 tsp
coriander, roughly chopped to make 4 tbsp
2 tbsp **gram flour**
2 tbsp **rapeseed oil**
½ tbsp **honey**
½ tsp **rice wine vinegar**
1 tsp toasted **sesame seeds**
4 **carrots**, peeled and cut into ribbons
1 **cucumber**, halved, trimmed and cut into ribbons

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1 Bring a large, lidded pan of water to the boil and add the potatoes. Reduce the heat and put a metal colander over the top. Season the salmon fillets and put them in the colander. Cover with the lid and leave the fish to steam and the potatoes to simmer. Both should take 10 mins – if the fish needs more time, give the fillets another 2 mins but remove the potatoes to stop them over-cooking.

2 Drain the potatoes well and cool slightly. Transfer to a large bowl and add the spring onions, chilli, lime zest, ginger and half the coriander. Mash together, seasoning well. Remove the skins from the salmon fillets, roughly flake the flesh and fold into the potato mixture. Divide into eight and shape each portion into a ball, flattening slightly so that you have eight patties. Transfer to a plate lined with baking paper and chill for 15 mins, then dust in the gram flour.

3 Heat half of the oil in a large frying pan over a medium-high heat. Once hot, add four fish cakes to the pan. Fry for 3-4 mins or until golden brown on the undersides, then carefully flip each one and cook for a further 3-4 mins until equally golden brown. Transfer to a plate lined with kitchen paper and repeat with the remaining oil and fish cakes.

4 Meanwhile, put the lime juice, honey, vinegar and sesame seeds in a large bowl and whisk. Add the carrots and cucumber, and toss to coat. Add the remaining coriander, season lightly and give it a final toss. Once the fish cakes are cooked, serve them with the carrot and cucumber salad on the side, and extra lime wedges for squeezing over.

PER SERVING 452 kcals | fat 21.9G
saturates 3.4G | carbs 36.1G | sugars 10.2G
fibre 6.9G | protein 24.2G | salt 0.2G

Miso tofu soup

SERVES 4 | **PREP** 5 MINS | **COOK** 10 MINS | **EASY** | V

4 **eggs** (we used Clarence Court Burford Browns)
600ml **vegetable stock**
35g **white miso paste**
1 tbsp **rice wine vinegar**
2 tsp **low-salt soy sauce**
350g block of **silken tofu**, drained
320g **sugar snap peas** or **edamame**
320g **spinach**
100g **wholegrain rice vermicelli**
100g **spring onions**, trimmed and finely chopped
4 tsp **Chinese chilli oil**

1 Bring a large pan of water to the boil. Using a slotted spoon, carefully lower the eggs into the water. Cook for 7 mins, adjusting the heat to maintain a gentle boil. Transfer the eggs to a bowl of cold water and leave for 2 mins.
2 Meanwhile, pour the stock into a large pan and bring to a gentle boil. Combine a little of the stock with the miso paste in a small bowl and then scrape back into the pan along with the rice wine vinegar and soy sauce. Add the tofu and then, using a hand blender, blitz everything until smooth. Strain the soup to remove any foam, then strain back into the pan, season and add the sugar snaps and spinach. Cover and keep warm.
3 Put the noodles in a large bowl and cover with boiling water. Leave for 3 mins. Gently peel the eggs and halve them. Drain the noodles and divide between four bowls. Pour over the miso-tofu broth and top with the eggs, onions and a drizzle of the chilli oil to serve.

PER SERVING 311 kcals | fat 11.4G | saturates 2.3G | carbs 28.7G
sugars 5.7G | fibre 5.2G | protein 20.9G | salt 1.9G

Vegan mushroom risotto

Typically laden with butter and cheese, risotto is well known for its comforting and indulgent qualities. Here we've invented a much lighter (and totally vegan) option.

SERVES 4-6 | **PREP** 10 MINS PLUS SOAKING | **COOK** 35 MINS
EASY | V

20g **dried porcini mushrooms**
1½ tbsp **olive oil**
1 large **onion**, finely chopped
2 **celery sticks**, finely chopped
150g **chestnut mushrooms**, sliced
3 **garlic cloves**, crushed
300g **risotto rice**
125ml **vegan white wine**
200-400ml hot **vegetable stock**
½ small **lemon**, zested
small bunch of **parsley**, finely chopped
1-2 tbsp **truffle paste**, depending on strength
PICKLED MUSHROOMS
75ml **cider vinegar**
50g **caster sugar**
50g **mixed wild mushrooms**, torn into bite-sized pieces
TRUFFLED MUSHROOMS
100g **mixed wild mushrooms**, torn into bite-sized pieces
1 tbsp finely snipped **chives**, plus extra to serve
1 tbsp **truffle oil**, plus extra to serve

1 Put the dried porcini in a heatproof bowl and pour over 600ml of boiling water. Leave to soak. To make the pickled mushrooms, put the vinegar, 75ml of water, the sugar and a pinch of salt in a small pan. Heat until the sugar dissolves, then remove from the heat to cool slightly. Put the mushrooms in a heatproof bowl, pour over the pickling liquid, and leave while you make the risotto.
2 Heat 1 tbsp of the oil in a deep frying pan over a medium heat and fry the onion and celery for 10 mins until softened but not golden. Add the chestnut mushrooms and turn up the heat slightly. Fry, stirring frequently, for another 8-10 mins or until the mushrooms have released their liquid and are starting to turn golden.
3 Strain the porcini into a jug, discarding the last few tablespoons of the stock. Stir the garlic and rice into the pan with the veg mixture, coating the rice in the oil, and cook for 1-2 mins or until the garlic is fragrant. Add the wine and bubble for a minute, then add the porcini mushroom stock, a splash at a time, stirring continuously and waiting for each addition to be absorbed before adding more. When all the mushroom stock has been added, add the vegetable stock using the same method. After about 15-20 mins, check the rice to make sure it's tender. Add a splash more stock or water if you need to continue cooking for a few mins. When the rice is just tender, stir in the rehydrated porcini, the lemon zest, parsley and truffle paste. Cover, remove from the heat and leave for 5 mins.
4 For the truffled mushrooms, heat the remaining olive oil in a frying pan over a high heat, and fry the mushrooms until lightly golden and slightly softened. Season with salt, then remove from the heat and stir in the chives and truffle oil.
5 Gently stir the truffled mushrooms into the risotto, then drain the pickled mushrooms and spoon these over the top. Drizzle with more truffle oil and sprinkle with some chives to serve.

PER SERVING (6) 288 kcals | fat 6.3G | saturates 0.9G | carbs 45.9G
sugars 6.2G | fibre 2.8G | protein 7.2G | salt 0.2G

Fruit balls

MAKES 30 | PREP 20 MINS
EASY | V

100g **dried apricots**
100g **dates**
100g **raisins**
200g **almond** or **brazil nuts**
50g **dried cranberries**
100g **omega seed mixture**
4 tbsp **ground hazelnuts**
apple juice
desiccated coconut

The best sweet treat to enjoy without piling on the pounds. Full of natural sweetness instead of refined sugar, these little fruity toot bites are made of dates, raisins, nuts and dried apricots. All mixed up with seeds and apple juice then rolled into individual balls. Serve each bite-sized treat in a mini cupcake case.

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1 Chop up the dried fruits and nuts into small, equal-sized pieces. Put in a large bowl and combine with the omega seed mixture. Add the ground hazelnuts, then pour in the apple juice a little at a time until you have a thick, rollable mixture. Roll the mixture into 2cm balls.
2 Pour desiccated coconut into another bowl and roll each ball in it to thoroughly coat. These will keep stored in a plastic container in the fridge for a couple of weeks.

PER SERVING 106 kcals | fat 6.8G | carbs 9.1G
fibre 2.2G | protein 2.7G | salt 0G

Nankhatai (cardamom biscuits)

These cardamom-infused biscuits baked with pistachio and ghee are sold across local bakeries in Mumbai. Serve with hot masala chai.

MAKES 12 | PREP 25 MINS COOK 15 MINS | EASY

125g **atta** or **plain wholemeal flour**
2 tbsp **gram flour**
½ tsp **baking powder**
pinch of **sea salt flakes**
½ tsp **ground cardamom**
70g **ghee** or **butter**, softened
70g **caster sugar**
2 tbsp of slivered or chopped **pistachio kernels**, to garnish

1 Heat the oven to 190C/170C fan/gas 5. Line a large baking tray with baking paper. Mix together the atta, gram flour, baking powder, salt and cardamom in a bowl.
2 Put the ghee and sugar in a separate large bowl. Whisk until pale, creamy and fluffy. Add the dry ingredients to form a soft, dough-like mixture (add a splash of water or milk if you need something to help bring it together).
3 Divide the dough into 12 equal portions, roll into balls and put spaced apart on the baking tray. Top each biscuit with pistachio slivers and press down lightly. Bake for 14-16 mins, swapping the trays around halfway through cooking, until lightly coloured. Cool completely.

PER SERVING 135 kcals | fat 7.3G | saturates 3.6G | carbs 14.1G sugars 6G | fibre 1.5G | protein 2.5G | salt 0.1G

Healthy cookies

Craving cookies but don't fancy the calories? Bake a batch of these treats made with muesli, wholemeal flour and honey.

MAKES 20 | **PREP** 20 MINS PLUS RESTING
COOK 10 MINS | **EASY**

250g **no added sugar muesli**
75g **self-raising wholemeal flour**
½ tsp **mixed spice**
70ml **cold-pressed rapeseed oil**
100g **honey**
1 **egg**

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1 Line two baking trays with baking paper or silicone baking mats. Put the muesli, flour and mixed spice in a large bowl, and stir. Tip the oil, honey and egg into a jug, and whisk together, then pour the mixture into the bowl with the dry ingredients and stir until combined. Leave to rest for 20 mins.
2 Heat the oven to 170C/150C fan/gas 3 and roll spoonfuls of the mixture into 20 balls. Arrange the balls on the trays, spaced well apart – you may need to rinse your hands every so often as the mixture gets sticky, and press the balls together quite firmly so they don't fall apart. Flatten each ball slightly using the back of a spoon or your fingers. Transfer to the oven and bake for 10-12 mins or until golden and firm. Leave to cool for 5 mins on the trays, then transfer to a wire rack to cool completely.

PER SERVING 110 kcals | fat 4.6G | saturates 0.4G | carbs 14G
sugars 5.7G | fibre 1.4G | protein 2.4G | salt 0.1G

Vegan flapjacks

These breakfast bars use dates and nut butter to hold together. Experiment with different seeds and nuts in your next batch.

MAKES 15 | **PREP** 15 MINS PLUS SETTING | **COOK** 5 MINS
EASY | Ⓥ

160g **soft dates**, chopped
60g **smooth peanut** or **almond butter**
40g **agave syrup** (or use honey for a non-vegan version)
4 tbsp **sunflower seeds**
4 tbsp **chia seeds**
100g **porridge oats**
50g **roasted peanuts** or **almonds**, roughly chopped

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1 Blitz the dates in a food processor until finely chopped and they've come together into a paste – add 1 tbsp of boiling water if they aren't sticking. Heat the nut butter and agave syrup very gently in a pan until it becomes a smooth, pourable mixture.
2 Stir all the remaining ingredients and the dates in a large bowl, then pour over the nut butter and honey mixture. Mix really well (kneading with your hands to break up the dates) until everything is evenly distributed.
3 Line a 20cm square tin or container with baking paper, and tip the mixture in. Press the mixture into the sides and then pack down with the back of a spoon. Cover and chill for 20 mins, before cutting into bars. Keep the bars in the fridge or in an airtight container for three days, or freeze and thaw overnight at room temperature if you want to keep them longer.

PER SERVING 145 kcals | fat 6.9G | saturates 1.2G | carbs 15.1G
sugars 9.2G | fibre 2.7G | protein 4.4G | salt 0.1G

FIND MORE INSPIRING HEALTHY RECIPES AT olivemagazine.com

Coconut, banana & raspberry muffins

Try our recipe for low-fat coconut, banana and raspberry muffins. This recipe is super quick and easy to make, and it comes in under 160 calories per serving – a great mid-morning snack.

MAKES 8 | **PREP** 15 MINS
COOK 25 MINS | **EASY**

50g **coconut flour**
50g **spelt flour**
1 tsp **baking powder**
50g **jumbo oats**
1 ripe **banana**, mashed
2 tbsp **honey**
200ml **kefir** or **natural yogurt**
150ml **whole milk**
1 **egg**, whisked
200g **raspberries**
1 tbsp **desiccated coconut**

1 Heat the oven to 180C/160C fan/gas 4 and line eight holes of a muffin tin with cases.
2 Mix the flours, baking powder and jumbo oats together in a bowl. In a separate bowl, mix together the banana, honey, kefir, milk and egg.
3 Slowly whisk this mixture into the dry ingredients until you have a smooth batter.
4 Gently stir through the raspberries and divide between eight muffin cases.
5 Sprinkle each with desiccated coconut and bake for 20-25 mins.
6 Cool on a wire rack and serve warm.

PER SERVING 159 kcals | fat 4.4G
saturates 2.9G | carbs 21.8G | sugars 9.9G
fibre 4.5G | protein 5.6G | salt 0.2G

Gut health boost

Make your own probiotic sauerkraut and keep your insides happy

Beetroot & red cabbage sauerkraut

This is delicious in ham or cheese sandwiches and goes well with salads. To keep the probiotic benefits intact, avoid heating it.

MAKES 2 x 500ml jars **PREP** 30 mins plus at least 5 days fermenting
NO COOK **V**

320g raw beetroot, peeled and coarsely grated
450g very finely shredded red cabbage
1 small red onion (85g), finely chopped
2 tsp caraway seeds
1 heaped tbsp flaky sea salt

1 Tip all the ingredients into a large bowl, add 1-1½ tsp freshly ground black pepper, then scrunch it all together with your hands for 5 mins. You might want to wear gloves to avoid staining your skin with the beetroot juices.

2 Press the vegetables down in the bowl with your hands, then cover the surface and up the sides of the bowl with a large sheet of compostable cling film or something reusable like a beeswax wrap. Now place another similar-sized bowl on top. Press down hard and add anything heavy (packs of rice or cans work well) to weigh it down so the juices rise to cover the surface. Cover again.

3 Leave to ferment at room temperature for at least five days but, for maximum flavour, leave for one to five weeks (until the bubbling subsides).

4 Check the sauerkraut. After a few days, you will see bubbles that have built up as it ferments. Give it a stir, then cover and weigh it down again like before. The cabbage will become increasingly sour the longer it's fermented, so taste it now and again. When you like the flavour, transfer into sterilised jars and refrigerate. *Will keep chilled for up to six months.*

GOOD TO KNOW vegan • low fat • gluten free
PER TBSP 6 kcals • fat 0.1g • saturates 1g • carbs 0.8g • sugars 0.7g • fibre 0.5g • protein 0.3g • salt 0.3g

tips

- **Wash utensils and your hands before starting, but avoid using an antibacterial handwash unless you rinse it off thoroughly, otherwise it'll affect the fermentation.**
- **Don't use iodised salt as it will inhibit the growth of the good bacteria you want to encourage.**
- **It's important to keep it at an even cool room temperature – too warm and the sauerkraut may become mouldy or ferment too quickly.**
- **Once you pack it into jars, if you don't have enough brine to cover the veg, dissolve ½ tsp salt in 100ml water over the heat, cool and use just enough to cover the surface.**
- **Keeping the jars in the fridge should stop the veg fermenting but, if you see a build-up of bubbles, open the jars now and then to allow air to escape – this is called 'burping'!**

Flexible 7-day healthy diet plan

PICK MEALS TO SUIT *YOUR* GOALS

Whether you aim to eat more healthily this year or lose a little weight, we have the meal plan for you

Reach your goals

for a healthier you

Our nutrition and cookery experts have put together a week-long flexible plan of quick and simple recipes using everyday, fresh ingredients. You can use the table opposite as a day-by-day guide to meet your goals, whether that's simply to ensure a more balanced, nourishing diet, or to support steady weight loss while still meeting all your body's nutritional needs – and without sacrificing flavour. The plan serves two, and can also be easily adapted to suit vegans and vegetarians (just look for our bonus recipes that use plant-based alternatives). Apart from the obvious benefits, we've devised the plan to help you spend less time shopping and cooking, and to support you in feeling good this new year.

Pick the plan that's right for you

CHOOSE THE WEIGHT-LOSS DIET FOR:

- Our calorie-counted plan, providing 1,200-1,500 kcals per day for a moderate shortfall, leading to steady, controlled weight loss
- No meal substitutes – just nourishing foods and generous portions so you won't go hungry
- Perfectly balanced dishes ensure all your nutrition recommendations are achieved

CHOOSE THE HEALTHY EATING PLAN FOR:

- The same delicious, balanced meals, plus snacks and desserts to help you eat the recommended number of calories every day (1,400-2,000 kcals)
- Tasty treats for a nutrition boost that hits the spot

As with any diet or lifestyle change, speak to your GP about any concerns or health issues before following the plan. For more information and downloadable shopping lists, go to: *goodfood.com/healthy-diet-plan-healthy-eating*

Both plans provide...

- ✓ Five-a-day (and more) fruit and veg
- ✓ Healthy fats and lean proteins to achieve nutrition goals
- ✓ Slow-release carbs for consistent energy levels and fewer cravings
- ✓ Health-boosting ingredients like fermented foods and wholegrains
- ✓ Minimal processed ingredients and free sugars
- ✓ Bonus content online for expert advice on how to feel your best
- ✓ Easy-to-adapt recipes for vegans

tip

If you're inspired to continue eating healthily once the week is over, look out for a new Healthy Diet Plan recipe in every issue of Good Food or go to *goodfood.com/howto/guide/healthy-diet-plan-extra-recipes*

nutra check

Nutracheck is a top-rated calorie and nutrition tracking app that enables you to easily log your calorie intake and monitor fitness. Download the app or visit *nutracheck.co.uk*

Your 2-in-1 diet plan

If you don't want to lose weight, include the snacks and puddings below in your meal plan

	Lose weight...			...eat well	
	breakfast	lunch	dinner	+ dessert	+ snack
Sunday	 **Winter breakfast hash** p113	 **Pesto spinach penne** p121	 **One-pan beef stew with vegetable mash** p117 OR **Vegan squash stew**	 **Mini apple & blackberry puddings** p122	 **Cinnamon & apricot trail mix** find the recipe online
Monday	 **Cinnamon porridge with baked bananas** p113	 **Tomato soup & hummus crispbreads** p115	 **Puy lentils with seared salmon** p114 OR **Lentils with soy & ginger tofu**	 **Mini apple & blackberry puddings** p122	 **Spicy tortilla chips with pomegranate hummus** find the recipe online
Tuesday	 **Black forest breakfast bowl** p112	 **Pesto spinach penne** p121	 **Harissa vegetables with quinoa** p116	 **Nut butter slices** find the recipe online	 **Spicy aubergine dip with carrot dippers** find the recipe online
Wednesday	 **Cinnamon porridge with baked bananas** p113	 **Black bean & pineapple salad bowl** p119	 **One-pan beef stew with vegetable mash** p117 OR **Vegan squash stew**	 **Cinnamon & apricot trail mix** find the recipe online	 **Pear & peanut crunch** find the recipe online
Thursday	 **Black forest breakfast bowl** p112	 **Puy lentil salad with beetroot & walnuts** p116	 **Butter bean curry** p120	 **Dark chocolate orange creams** find the recipe online	 **Pear & peanut crunch** find the recipe online
Friday	 **Black forest breakfast bowl** p112	 **Tomato soup & hummus crispbreads** p115	 **Healthy chicken pad Thai** OR **Vegan pad Thai** p118	 **Cinnamon rice with pomegranate** p123	 **Spicy aubergine dip with carrot dippers** find the recipe online
Saturday	 **Winter breakfast hash** p113	 **Butter bean curry wraps** p121	 **One-pan cod & red shrimp** p119 OR **Vegan winter one-pan**	 **Cinnamon rice with pomegranate** p123	 **Deconstructed guacamole** find the recipe online

satisfying breakfasts

Easy and nutritious, these ideas are guaranteed to keep you brimming with energy until lunchtime

Black forest breakfast bowl

Who would have thought the delicious flavours of a black forest gateau could be so healthy? We've combined cholesterol-lowering oats with soya yogurt for their heart-healthy benefits, and nuts, seeds and berries add to the recipe's heart-friendly credentials.

DAIRY FREE

SERVES 6 **PREP** 5 mins
NO COOK EASY V

500g bag black forest frozen fruit mix, thawed
180g porridge oats
800g fortified soya yogurt
6 tbsp almond butter
15g 85% dark chocolate, chopped
6 tsp toasted three-seed mix
handful of mint leaves (optional)

1 Put 300g of the fruit in a bowl with the oats and yogurt. Blitz with a hand blender until very smooth. Divide between six bowls, then top each bowl with the reserved berries, nut butter, chocolate and seeds.

2 Serve straightaway or cover and chill until ready to eat. *Will keep chilled for four days.* To serve, scatter over the mint, if using.

GOOD TO KNOW vegan • healthy • calcium • fibre • vit c • 1 of 5-a-day

PER SERVING 337 kcals • fat 16g • saturates 2g • carbs 31g • sugars 10g • fibre 8g • protein 13g • salt 0.2g

Winter breakfast hash

A diet rich in fruit and veg, especially crucifers like sprouts, may help lower blood pressure, reduce the risk of heart-related diseases and support our fight against some kinds of cancer.

3 OF 5-A-DAY

SERVES 2 **PREP** 15 mins
COOK 35 mins **EASY** **V**

375g potatoes, cut into small chunks
1 tbsp rapeseed oil
1 onion (about 200g), chopped
½ tsp caraway seeds
2 garlic cloves, chopped
1 green pepper, deseeded and diced
200g large brussels sprouts, trimmed and sliced
2 eggs

1 Boil the potatoes for 15 mins until tender. Meanwhile, heat the oil in a large non-stick frying pan over a medium heat and fry the onion for 8 mins, stirring frequently until starting to colour. Add the caraway seeds, garlic, pepper and sprouts, and cook for 5 mins more with the lid on the pan so they steam at the same time.

2 Drain and lightly crush the cooked potatoes using a masher. Stir into the vegetables and cook for 5-10 mins, turning occasionally so the mixture browns.

3 Meanwhile, poach the eggs for a few minutes for a runny yolk or until cooked to your liking. Remove from the pan using a slotted spoon. Serve each hash with a poached egg on top.

GOOD TO KNOW healthy • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 370 kcals • fat 13g • saturates 2g • carbs 42g • sugars 12g • fibre 12g • protein 15g • salt 0.2g

Make it vegan!

Use **250g potatoes** and cut **140g extra firm tofu** into cubes. Fry with the onions and sprouts. Top with **2 tomatoes**, halved and fried in a little **oil** instead of using the eggs.

GOOD TO KNOW vegan • healthy • low fat • calcium • folate • vit c • fibre • 4 of 5-a-day • gluten free
PER SERVING 352 kcals • fat 12g • saturates 2g • carbs 36g • sugars 15g • fibre 14g • protein 17g • salt none

Cinnamon porridge with baked bananas

We've added fibre-rich bananas and bio yogurt to this porridge as it's rich in beneficial bacteria. Including live yogurt regularly in your diet may support the digestive system and aid immune defences.

LOW FAT

SERVES 2 **PREP** 5 mins
COOK 8 mins **EASY** **V**

80g porridge oats
150ml semi skimmed milk
½ tsp ground cinnamon
1 large ripe banana (120g), halved lengthways and cut in half
½ orange, zested and juiced
200g plain bio yogurt
2 tsp toasted three-seed mix

1 Put the oats, milk, 450ml water and cinnamon in a pan. Bring to the boil, then turn the heat to low, stirring often, for 5 mins until thickened.

2 Meanwhile, put the banana in a dish with the orange zest and juice. Cover and microwave on high for 1½-2 mins until softened. Tip the porridge into bowls and top with the yogurt, banana and seed mix.

GOOD TO KNOW healthy • low fat • calcium • vit c
PER SERVING 360 kcals • fat 9g • saturates 3g • carbs 52g • sugars 23g • fibre 5g • protein 14g • salt 0.3g

Make it vegan!

Use **2 x 80g bananas**, 300ml water and **300ml fortified soya milk** to replace the milk, and use **soya yogurt**.

GOOD TO KNOW vegan • healthy • low fat • calcium • folate • fibre • vit c • 4 of 5-a-day • gluten free
PER SERVING 352 kcals • fat 12g • saturates 2g • carbs 36g • sugars 15g • fibre 14g • protein 17g • salt none

nutritious lunches & dinners

Many of our suppers convert into a lunch for you to enjoy later in the week. Most are portable, too – ideal if you want to take one to eat at work

Puy lentils with seared salmon

Eat half of the lentils here, then save the rest for the puy lentil salad over the page, or our vegan lentil recipe, opposite. The NHS recommends we eat oily fish once a week – this includes salmon, as it's high in long-chain omega-3 fatty acids, which may help keep your heart healthy, hormones balanced and aid brain function.

HIGH PROTEIN

SERVES 2 **PREP** 15 mins
COOK 40 mins **EASY**

- 160g dried puy lentils or lentilles vertes
- 2 bay leaves
- 2 tbsp rapeseed oil, plus extra for cooking the salmon
- 2 onions (350g), finely chopped,
- 180g celery, thinly sliced
- 320g carrots, finely diced
- 2 tbsp soft thyme leaves
- 1 tbsp wholegrain mustard, plus 1 tsp
- 2 tbsp raw apple cider vinegar
- 10g flat-leaf parsley, chopped
- 2 skin-on salmon or trout fillets (260g)
- balsamic vinegar, for drizzling

1 Put the lentils in a pan of water with the bay leaves and bring to the boil. Continue to boil for 10 mins, then turn down the heat to medium-low and cook for 20 mins more until the lentils are tender.

2 Meanwhile, heat the oil in a large non-stick pan. Tip in the onions and fry over a high heat, stirring frequently, until softened. Add the celery, carrots and thyme. Put the lid on, turn down the heat and cook for 10 mins more, stirring every now and then until the vegetables are tender.

3 Drain the lentils and add to the vegetables along with 1 tbsp of the mustard and the vinegar. Measure half the lentils to set aside for lunches later in the week. Toss the parsley through the lentil and vegetable mixture.

4 Spread 1 tsp mustard over the top of the salmon. Wipe a non-stick pan with a drop of oil and cook the salmon, skin-side down, for about 6 mins. Flip the salmon over and cook for 4 mins more until cooked through. Serve with the lentils, along with a drizzle of balsamic vinegar.

GOOD TO KNOW healthy • fibre • vit c • iron • 3 of 5-a-day

PER SERVING 519 kcals • fat 25g • saturates 4g • carbs 29g • sugars 12g • fibre 12g • protein 38g • salt 0.7g

Make it vegan!

Lentils with soy & ginger tofu

Cut **260g extra firm tofu** into thick fingers. Mix **2 finely grated garlic cloves** with **2 tsp balsamic vinegar**, **2 tsp finely grated ginger**, and **2 tsp low-salt soy sauce,** and use to marinate the tofu. Heat **1 tbsp oil** in a non-stick pan and fry the tofu on all sides until browned. Serve on half the lentils (see the recipe, left) and sprinkle with **4 tsp toasted three-seed mix.** Top with a little **fresh coriander** and some **chopped red chilli**. Keep the remaining lentils for the puy lentil salad on the following page.

GOOD TO KNOW vegan • healthy • calcium • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 503 kcals • fat 25g • saturates 3g • carbs 32g • sugars 13g • fibre 14g • protein 30g • salt 0.9g

Tomato soup & hummus crispbreads

If you like to get organised for the week ahead, make this on Sunday as it keeps well in the fridge. We've packed in the veg, along with red lentils to add texture and protein.

DAIRY FREE

SERVES 4 PREP 10 mins
COOK 40 mins EASY V ❄

2 tbsp rapeseed oil
2 large onions (325g), chopped
320g carrots, sliced
4 garlic cloves, chopped
1 tbsp smoked paprika
100g dried red lentils
690g bottle passata
1 litre vegetable stock made with 1 tbsp bouillon powder

For the hummus crisps

4 multigrain crispbreads
100g reduced-fat hummus
¼ cucumber, sliced
6 pitted Nocellara olives, sliced
pinch of thyme leaves
sprinkle of smoked paprika

1 Heat the oil in a large non-stick pan and fry the onions and carrots for about 10 mins, stirring occasionally, until softened.

2 Stir in the garlic and smoked paprika along with the lentils, and cook for about a minute more.

3 Pour in the passata and stock, bring to the boil, then cover and simmer over a medium heat for 30 mins, stirring occasionally until the vegetables are tender. Remove from the heat and whizz until smooth using a hand blender. Eat half now then reheat portions in a pan over a low heat with a dash of water until piping hot to eat another day. *Will keep chilled for up to three days.*

4 To serve alongside the soup, spread one crispbread per person with the hummus. Top with the cucumber and scatter over the olives, thyme and smoked paprika.

GOOD TO KNOW vegan • healthy • low fat • low cal • fibre • 4 of 5-a-day
PER SERVING 403 kcals • fat 12g • saturates 1g • carbs 51g • sugars 20g • fibre 15g • protein 15g • salt 1.5g

Puy lentil salad with beetroot & walnuts

Walnuts are one of the most important food sources of plant compounds called polyphenols. These guard against inflammation and damage. The lentil base should already be in your fridge if you're following the diet plan, making this a very quick and easy lunch recipe.

READY IN 5

SERVES 2 **PREP** 5 mins
NO COOK **EASY** **V**

- ½ quantity of the lentil base from the puy lentils with salmon
- 2 cooked beetroots (160g), halved and sliced
- 8 walnut halves, roughly chopped
- 4 tbsp roughly chopped mint
- 2 handfuls of rocket
- balsamic vinegar, for drizzling

1 Tip the lentils into two bowls or lunch containers and top with the beetroot, walnuts, mint and rocket.
2 Just before eating, drizzle with the balsamic vinegar and toss together.

GOOD TO KNOW vegan • healthy • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 495 kcals • fat 27g • saturates 3g • carbs 38g • sugars 19g • fibre 15g • protein 18g • salt 0.6g

Harissa vegetables with quinoa

Protein-rich quinoa and root vegetables are a great combo for battling winter bugs. Plus, ginger may help protect and heal the gut, while fermented coconut yogurt can help balance gut bacteria.

ALL OF YOUR 5-A-DAY

SERVES 2 **PREP** 15 mins
COOK 25 mins **EASY** **V**

- 1 tbsp rapeseed oil
- 2 red onions (160g), chopped
- 1 green pepper, deseeded and cubed
- 1 small sweet potato (200g), peeled and cut into chunks
- 2 large celery sticks (125g), cut into chunky slices
- 10g ginger, finely chopped
- 300ml vegetable stock made with 2 tsp vegan bouillon powder
- 1 tbsp harissa paste
- 2 tbsp tomato purée
- 2 dried apricots, quartered
- 10g coriander or parsley, chopped, plus a few extra leaves to serve
- 250g pack cooked red and white quinoa
- 4 tbsp coconut yogurt

1 Heat the oil in a non-stick pan and fry the vegetables and ginger for 10 mins, stirring frequently, until softened and starting to colour.
2 Stir in the stock, harissa, tomato purée and apricots. Bring to the boil, cover and simmer for 15 mins, then stir in the coriander.
3 Meanwhile, heat the quinoa following pack instructions. Serve with the vegetables and yogurt, with a scattering of coriander leaves.

GOOD TO KNOW vegan • healthy • fibre • vit c • 5 of 5-a-day • gluten free
PER SERVING 523 kcals • fat 15g • saturates 5g • carbs 77g • sugars 22g • fibre 15g • protein 12g • salt 1.6g

One-pan beef stew with vegetable mash

Red meat gets a lot of bad press but if it's lean and eaten in moderation, it's a valuable source of iron, zinc and B vitamins, while the protein may improve muscle growth and repair. If you're using a slow cooker, pre-fry the meat and vegetables, then add the other stew ingredients and cook on low for 5 hours.

ALL OF YOUR 5-A-DAY

SERVES 4 **PREP** 30 mins
COOK 2 hrs 15 mins **EASY** V ❄

- 2 tbsp rapeseed oil
- 600g pack lean diced beef
- 320g large chestnut mushrooms, quartered
- 2 bay leaves
- 2 tbsp thyme leaves
- 4 small red onions (320g), quartered
- 4 garlic cloves, thinly sliced
- 320g medium carrots, cut into chunky lengths
- 600ml vegetable stock made with 1 tbsp veg bouillon powder
- 4 tbsp tomato purée
- broccoli and peas, to serve

For the mash

- 700g swede, peeled and cut into chunks
- 850g potatoes, peeled and cut into chunks

1 Heat the oil in a large non-stick pan and fry the beef in about three batches until well browned. Set aside.

2 Add the mushrooms, bay and thyme, and cook for about 5 mins. Tip in the onions and garlic, and cook for a few minutes more until softened.

3 Return the beef to the pan and add the carrots, stock and tomato purée. Cover and simmer for 2 hrs until the meat is tender and the liquid has reduced to a thick gravy.

4 About 25 mins before the end of cooking time, make the mash. Bring a large pan of water to the boil and add the swede. Boil for 5 mins, then add the potatoes and boil for 15-20 mins until tender. Drain and mash with plenty of black pepper.

5 You can eat half stew and mash now, then chill the rest to reheat and eat another day. *Will keep chilled for up to three days. Reheat the stew in a pan until piping hot. The mash can be reheated in the microwave.* Serve with broccoli and peas.

GOOD TO KNOW healthy • folate • vit c • iron • fibre • 5 of 5-a-day
PER SERVING 522 kcals • fat 15g • saturates 4g • carbs 52g • sugars 17g • fibre 11g • protein 39g • salt 1.2g

Make it vegan!

Vegan squash stew

Omit the beef. Start at step 2 and fry the **mushrooms** in the **oil** with **rosemary** instead of thyme. Replace the carrots with **320g chunks butternut squash**, **2 x 400g drained cans chickpeas** and **1 tbsp smoked paprika**. Cook for 40 mins. Serve with the mash.

GOOD TO KNOW vegan • healthy • low fat • low cal • folate • fibre • vit c • 5 of 5-a-day
PER SERVING 471 kcals • fat 10g • saturates 1g • carbs 70g • sugars 15g • fibre 16g • protein 17g • salt 1g

Healthy chicken pad Thai

Though chicken breast is leaner, chicken thighs are more tender and have better flavour. Here, they're tossed with brown rice noodles and stir-fried veg. If you like, omit the chicken and add chopped omelette, or try the vegan option (see below).

EGG-FREE

SERVES 2 **PREP** 20 mins
COOK 12 mins **EASY**

100g brown flat rice noodles
1 tbsp rapeseed oil
2 skinless chicken thigh fillets, chopped
1 onion (160g), roughly chopped
1 red pepper, deseeded and cut into thin slices
1 small carrot (60g), peeled into thick ribbons using a vegetable peeler
3 garlic cloves, sliced
1 red chilli, deseeded and thinly sliced
1 tbsp finely grated ginger
100g beansprouts
15g roasted unsalted peanuts
2 tbsp lime juice, plus 1 tsp zest
1 tbsp low-salt soy sauce
15g chopped coriander
handful of chopped basil

1 Tip the noodles into a bowl and soak following pack instructions until tender but not soft – you don't want them to become mushy. Drain.

2 Heat the oil in a wok over a medium-high heat and stir-fry the chicken for 5 mins until cooked. Transfer the chicken to a bowl and set aside, keeping the oil in the wok. Stir-fry the onion, pepper and carrot in the oil for 5 mins to soften, then add the garlic, chilli and ginger, and cook a few minutes more until fragrant.

3 Add the beansprouts, turn up the heat to high, and stir through the peanuts, lime juice and zest and the soy sauce. Return the chicken to the pan along with the noodles and herbs, and gently toss everything together until heated through. Serve straightaway.

GOOD TO KNOW healthy • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 561 kcals • fat 21g • saturates 4g • carbs 55g • sugars 13g • fibre 9g • protein 33g • salt 1.4g

Make it vegan!

Vegan pad Thai

Omit the chicken. Stir through **2 tbsp crunchy peanut butter** mixed with a drop of water to loosen at the end of the cooking time.

GOOD TO KNOW vegan • healthy • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 481 kcals • fat 19g • saturates 3g • carbs 56g • sugars 14g • fibre 10g • protein 16g • salt 1.3g

One-pan cod & red shrimp

White fish is an important source of the mineral iodine, which is needed for a healthy metabolism, and it's also a great partner to shrimp.

HIGH PROTEIN

SERVES 2 **PREP** 15 mins
COOK 35 mins **EASY**

- 2 tbsp rapeseed oil
- 250g baby potatoes, sliced
- 1 large orange pepper, deseeded and cut into chunks
- 1 bay leaf
- 1 leek, trimmed and thinly sliced
- 2 large garlic cloves, thinly sliced
- 200g pack passata
- 200ml vegetable stock, made with 1 tsp vegetable bouillon powder
- 10g flat-leaf parsley, chopped
- 280g pack cod loin, cut into 6 large chunks
- 100g frozen wild red shrimp, defrosted and peeled
- 100g fine trimmed green beans, halved

1 Heat the oil in a wide non-stick pan over a medium heat and fry the potatoes, pepper and bay leaf for 5 mins until they start to colour. Add the leek and garlic, cook for a few minutes more, then stir in the passata and stock. Bring to a simmer, cover and cook for 25 mins until the potatoes are tender.

2 Add the parsley, cod, shrimp and green beans, then put the lid on and cook for about 7 mins more, or until the fish flakes easily when pressed with a fork. *Will keep chilled overnight, but best served fresh.*

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 440 kcals • fat 14g • saturates 1g • carbs 33g • sugars 13g • fibre 10g • protein 41g • salt 1.3g

Make it vegan!

Vegan winter one-pan

Make as described, but up the potato quantity to 300g, and swap the cod and shrimps for **160g baby spinach** and **45g dry roasted peanuts.** Add these right at the end of cooking to wilt the spinach.

GOOD TO KNOW vegan • healthy • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 465 kcals • fat 24g • saturates 3g • carbs 39g • sugars 14g • fibre 13g • protein 17g • salt 1.3g

Black bean & pineapple salad bowl

Pineapples are a rich source of antioxidants that may reduce the risk of heart disease, diabetes and some cancers. Combined with fibre-rich black beans and avocado, they create a tropical-tasting salad.

NO COOK

SERVES 2 **PREP** 10 mins
NO COOK **EASY** **V**

- 1 small onion (80g), halved and thinly sliced
- 1 lime, juiced
- 1 avocado, peeled, halved, stoned and cut into chunks
- 1 red pepper, deseeded and thinly sliced
- 10g coriander, chopped
- ½-1 red chilli, deseeded and finely chopped (optional)
- 400g can black beans, drained
- 120g fresh prepared pineapple
- extra virgin olive oil, for drizzling (optional)

1 Tip the onion into a bowl and pour over the lime juice. Massage together using your fingers to soften. Tip in the avocado and toss to coat in the lime juice, then add the pepper, coriander and chilli, if using. Toss in the beans and divide evenly between two bowls or lunchboxes.

2 Scatter over the pineapple and drizzle with a little olive oil before serving, if you like.

GOOD TO KNOW vegan • healthy • low cal • folate • fibre • vit c • 4 of 5-a-day • gluten free
PER SERVING 347 kcals • fat 15g • saturates 3g • carbs 32g • sugars 13g • fibre 16g • protein 12g • salt none

Butter bean curry

Butter beans give a vegetarian curry a really substantial texture. We've paired them with dark-skinned aubergines, which are rich in anthocyanins – a pigment with antioxidant properties that protect the cells from damage.

LOW FAT

SERVES 2 **PREP** 15 mins
COOK 35 mins **EASY** **V**

- 2 tbsp rapeseed oil
- 2 onions (320g), finely chopped
- 1 tbsp finely grated ginger
- 3 large garlic cloves, finely grated
- 1 red chilli, deseeded and sliced
- 2 x 400g cans butter beans
- 2 tsp vegan bouillon powder
- 1 tsp cumin seeds
- 2 tbsp medium curry powder
- 400g can chopped tomatoes
- 1 aubergine (320g), cut into cubes
- 15g coriander, chopped
- 250g pouch cooked wholegrain rice

For the raita

- 2 small bananas, peeled and finely chopped
- ½ lime, juiced
- ¼ cucumber, finely chopped
- 1 small red onion (60g), finely chopped
- 1 red chilli, deseeded and sliced

1 Heat the oil in a non-stick pan over a medium heat and fry the onions for 8 mins until softened. Tip in the ginger, garlic and chilli, and cook for a few minutes more. Measure 300ml of the liquid from the cans of butter beans into a jug, and mix in the bouillon powder to make a stock (don't worry if the mixture is thick or lumpy, as it will dissolve in the pan as it cooks).

2 Stir the cumin seeds and curry powder into the onions, followed by the tomatoes, aubergine and beans. Add the stock. Bring to the boil. Reduce the heat to medium-low, cover and simmer for 30 mins until the vegetables are tender. Stir in half the coriander. Remove from the heat.

3 For the raita, toss the bananas in the lime juice. Add the cucumber, onion, chilli and remaining coriander. Warm the rice following pack instructions and serve with half the curry and raita. Cool and chill the rest of the curry and raita to make the curry wraps (see opposite). *The curry will keep chilled for up to three days. The raita keeps chilled for a day.*

GOOD TO KNOW vegan • healthy • low fat • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 511 kcals • fat 10g • saturates 1g • carbs 78g • sugars 18g • fibre 17g • protein 17g • salt 0.7g

Butter bean curry wraps

Use up leftovers from the butter bean curry (see opposite) in these filling wholemeal tortilla wraps.

LOW FAT

SERVES 2 **PREP** 10 mins
COOK 3 mins **EASY** **V**

2 large wholemeal tortilla wraps
½ portion butter bean curry (see opposite)
2 handfuls of mixed salad leaves
½ quantity leftover raita (see opposite)

1 Warm the wraps following pack instructions, or for a few seconds on each side over the gas flame of the hob to create a slight char.
2 Reheat the bean curry in a pan over a low heat until piping hot (if it's quite wet, allow it to reduce slightly). Spread the curry over the centre of the wraps, then top with the salad leaves and raita, roll up tightly and serve straight away.

GOOD TO KNOW vegan • healthy • low fat • low cal • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 467 kcals • fat 11g • saturates 2g • carbs 65g • sugars 21g • fibre 18g • protein 17g • salt 1.2g

Pesto spinach penne

Tomatoes contain vitamin C, which will help your body to absorb the iron in the spinach included in this recipe.

2 OF 5-A-DAY

SERVES 4 **PREP** 5 mins
COOK 15 mins **EASY** **V**

400g wholemeal penne
5 tbsp vegetarian basil pesto
500g baby spinach, roughly chopped
220g cherry tomatoes, halved

1 Cook the penne following pack instructions. Meanwhile, heat 4 tbsp of the pesto in a non-stick pan over a medium-low heat. Add the spinach and 2 tbsp water, then cover to wilt.
2 Drain the pasta and toss with the spinach, the rest of the pesto and the tomatoes. Serve half. Cool and chill the rest. *Will keep chilled for three days. Reheat with a splash of water.*

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 487 kcals • fat 11g • saturates 2g • •-carbs 70g • sugars 3g • fibre 11g • protein 16g • salt 0.6g

desserts & sweet treats

Eating more healthily doesn't have to mean missing out on comforting puds

Mini apple & blackberry puddings

Combine high-fibre blackberries and wholemeal bread with apples in these low-fat puds. They're pretty enough for dinner parties, and the berries are a source of manganese and vitamins C and K, which is important for bone health.

LOW SUGAR

MAKES 4 **PREP** 15 mins plus 1 hr chilling **COOK** 5 mins **EASY** **V**

1 large Cox apple, peeled, cored and finely chopped (about 155g prepared weight)
300g blackberries
rapeseed oil, for the moulds
6 slices of wholemeal bread
small mint sprigs or leaves, to decorate
100g coconut yogurt

1 Put the apple in a small pan with 150ml water, cover and simmer for 3 mins to soften. Tip in the berries, cover and cook for 5 mins more until the berries have just softened.
2 Meanwhile, lightly oil four mini pudding moulds. Using a mould as a template, cut out four rounds from the bread and use these to line the base of each mould. Trim the crusts from the offcuts (and reserve these), then use the offcuts and other two slices of bread, cut into strips, to line the sides of the moulds. Press gently to compact the bread a little and leave some overhanging.
3 Spoon in most of the fruit and juice, reserving about 1 tbsp. Fold the overhanging bread over the fruit and fill in the gaps with the reserved bits of crust to completely cover the top. Cover the moulds and press down firmly to compress the puds. Chill for about 1 hr to firm up. *Will keep chilled for up to three days.*
4 To serve, turn the puddings out onto small plates and top with the reserved fruit and juice, and the mint. Serve with the coconut yogurt.

GOOD TO KNOW vegan • healthy • low fat • fibre • vit c • 1 of 5-a-day
PER SERVING 226 kcals • fat 5g • saturates 3g • carbs 34g • sugars 10g • fibre 8g • protein 7g • salt 0.6g

Cinnamon rice with pomegranate

Brown basmati rice is perfect for this recipe as it retains its deliciously nutty taste once cooked.

GLUTEN FREE

SERVES 4 **PREP** 5 mins plus cooling
COOK 40 mins **EASY** V

- 120g brown basmati rice
- 1 tsp ground cinnamon
- 670g semi-skimmed milk
- 2 tsp vanilla extract
- 1 bay leaf
- 4 walnut halves, roughly chopped
- 1 heaped tbsp pomegranate seeds (18g)

1 Tip the rice into a wide pan and warm over a low heat. When it starts to crackle, stir in the cinnamon and 225ml water. Cover and simmer for 15 mins until the water is absorbed.
2 Add the milk, vanilla and bay leaf, and continue to simmer, uncovered and stirring often, for 35-40 mins until the rice is tender and the milk has reduced to a creamy consistency.
3 Cool for 5 mins, then spoon a portion into four small serving bowls. Top each portion with the chopped walnuts and a few pomegranate seeds. *Leave to cool and chill the rest for up to three days. Loosen with a splash of milk before serving cold or warm.*

GOOD TO KNOW healthy • gluten free
PER SERVING 222 kcals • fat 5g • saturates 2g • carbs 32g • sugars 8g • fibre 1g • protein 9g • salt 0.2g

Treats with a twist

Get creative with spelt flour, matcha and parsnips to make healthier puddings the whole family will love

Pear & yogurt spelt cake

Make this cake with spelt flour – it works well in bakes and provides a wonderfully subtle sweetness.

SERVES 10-12 **PREP** 15 mins plus cooling **COOK** 55 mins **EASY V**

125ml sunflower oil, plus extra for the tin
3 pears
200g Greek-style yogurt, plus extra to serve
3 eggs
175g golden caster sugar
275g light or dark spelt flour
2 tsp baking powder
½ tsp ground cinnamon
2 tbsp honey, plus extra to serve (optional)

1 Heat the oven to 180C/160C fan/gas 4. Oil a round 20cm cake tin and line the base with baking parchment. Peel the pears, reserving the peel, then cut in half lengthways, trim the tops and, using a teaspoon, scoop out the cores. Put the peel in a food processor and blitz until finely chopped, then tip into a jug. Mix in the yogurt, eggs, oil and a pinch of salt, then set aside.

2 In a large bowl, combine the sugar, flour, baking powder and cinnamon. Pour the wet mix into the dry and whisk well to ensure there are no dry patches. Pour the batter into the tin and arrange the pears on top, cut-side down, pressing lightly into the batter. Bake for 55-60 mins until golden and a skewer inserted into the middle comes out clean. If the cake turns brown too quickly, cover with foil.

3 Leave to cool in the tin for 10 mins. Heat the honey over a low heat or in a microwave until loose and runny, then brush over the cake. *Will keep chilled for up to three days.* Serve in slices with more yogurt and a drizzle of extra honey, if you like.

PER SERVING 302 kcals • fat 14g • saturates 3g • carbs 36g • sugars 23g • fibre 3g • protein 5g • salt 0.3g

Spelt flour is high in fibre and adds a nuttiness to bakes

Matcha miso pancakes

Try an umami twist on pancakes using matcha and spinach, topped with whipped cream and a delicious miso caramel sauce.

SERVES 4 (makes 8 pancakes)
PREP 5 mins **COOK** 10 mins **EASY V**

100ml milk
handful of spinach leaves (about 30g)
1 tbsp matcha powder
200g self-raising flour
1 tsp baking powder
1 tbsp light brown soft sugar
3 eggs, lightly beaten
2 tbsp unsalted butter
whipped cream, to serve
For the miso caramel
75g caster sugar
25g unsalted butter
100ml double cream
pinch of flaky sea salt
2 tbsp white miso paste

1 First, make the caramel. Warm the sugar in a pan (without stirring) over a medium heat until starting to melt around the edges and turn golden. Continue to cook for about 5-6 mins, tipping the pan back and forth, until all the sugar has dissolved and an amber caramel has formed. Whisk in the butter, then stir in the cream, a pinch of sea salt flakes and the miso. Bubble for a minute, then remove from the heat and leave to cool to room temperature. (It will thicken further as it cools.)

2. Blitz the milk, spinach and matcha together in a jug using a hand blender until smooth. Whisk the flour, baking powder and sugar together in a bowl, then pour in the wet ingredients, including the beaten eggs. Whisk until smooth.

3. Melt a little of the butter in a frying pan over a medium heat and spoon in the pancake batter – you want your pancakes to be about 12cm wide. (You will need to make them in batches.) Cook for 1-2 mins until bubbles start to appear, then flip and cook for another 1-2 mins until cooked through and lightly golden. Repeat with the remaining batter, using more butter as needed.

4. Stack two pancakes per person, then top with the whipped cream and a drizzle of miso caramel.

GOOD TO KNOW calcium
PER SERVING 594 kcals • fat 30g • saturates 17g • carbs 66g • sugars 26g • fibre 2g • protein 13g • salt 1.62g

Parsnip, brown butter & hazelnut loaf cake

Make the most of the naturally sweet, nutty flavour of parsnips in this loaf cake topped with a cream cheese icing. The parsnip keeps the sponge moist for days.

SERVES 10 **PREP** 25 mins plus cooling
COOK 1 hr **EASY V**

100g unblanched hazelnuts
200g butter, plus extra for the tin
50g full-fat soft cheese
200g light brown soft sugar
3 eggs
200g self-raising flour
2 tsp baking powder
1 lemon, zested
2 tsp vanilla extract
250g parsnips (about 2-3), coarsely grated
For the icing
50g softened butter
125g icing sugar, sifted
150g full-fat soft cheese
1 tsp vanilla extract
1 tbsp maple syrup (optional)

A tempting treat you can share with friends and family

1 Tip the hazelnuts into a dry frying pan and toast over a medium-low heat until golden brown. Put 25g of the toasted nuts in a dish and set aside. Leave the rest to cool. Meanwhile, melt the butter in a pan over a medium heat and swirl the pan occasionally, until the butter turns nut brown (watch closely so it doesn't burn). Remove the pan from the heat and leave to cool slightly. Meanwhile, butter a 900g loaf tin and line with baking parchment, leaving some overhanging. Heat the oven to 180C/160C fan/gas 4.

2 Tip the 75g cooled nuts into a food processor and blitz until roughly ground, but not fine. Add the brown butter, soft cheese, brown sugar, eggs, flour, baking powder, lemon zest, vanilla and a pinch of salt, and blitz again until smooth and creamy.

3 Tip the grated parsnips and cake batter into a large bowl, and fold together using a spatula. Scrape the mixture into the tin and then level the surface. Bake in the centre of the oven for 50 mins until risen, golden and a skewer inserted into the middle comes out clean. If any wet batter remains, bake for 5 mins more, then check again. Leave to cool in the tin for 10 mins, then transfer to a wire rack to cool completely.

4 To make the icing, beat the butter and icing sugar together with an electric whisk (or in a stand mixer) until smooth. Add the cheese and vanilla, and beat again until combined. Spread over the cake. Roughly chop the reserved hazelnuts and scatter over the top, then drizzle with maple syrup, if you like. *Will keep in a cake tin or airtight container in a cool place for up to three days.*

PER SERVING 543 kcals • fat 34g • saturates 17g • carbs 51g • sugars 34g • fibre 2g • protein 7g • salt 1.1g

Sweet and gluten-free

Indulgent bakes and desserts that taste wonderful, and are completely free of gluten

Blueberry & lime baked egg custard

SERVES 6-8 **PREP** 15 mins plus at least 3 hrs chilling **COOK** 1 hr 20 mins **EASY** **V**

knob of butter, softened, for the baking dish
350g blueberries
2 limes, 2 zested, 1 juiced
75g caster sugar
1½ tbsp cornflour
6 eggs
397g can condensed milk
150ml soured cream
150ml double cream

1 Butter a 1-litre baking dish, then put the blueberries, the zest and juice of 1 lime, the caster sugar and 150ml water in a saucepan and set over a medium-low heat until the sugar has dissolved and the blueberries have broken down a little. Remove from the heat. Combine the cornflour with 1 tbsp water and pour into the blueberry sauce. Bring to a simmer, stirring constantly until thickened.

2 Heat the oven to 150C/130C fan/gas 2. Beat together the eggs, condensed milk, soured cream, double cream and the remaining lime zest by hand or in a food processor. Pour the mixture into the baking dish, then put the dish in a roasting tin. Pour boiling water into the tin until filled halfway up the side of the dish, then bake for 50 mins-1 hr 10 mins or until the custard is set. It should wobble a little. Remove the dish from the tin and chill for at least 3 hrs. Turn the custard upside down onto a platter or serve in the dish with the blueberry lime sauce in a small serving bowl on the side.

GOOD TO KNOW calcium • gluten-free
PER SERVING (6) 547 kcals • fat 29g • saturates 17g • carbs 57g • sugars 54g • fibre 1g • protein 13g • salt 0.4g

Butterscotch pudding

Be transported back to your childhood with this classic pud. It's a guaranteed crowd-pleaser topped with fresh cream and chocolate shavings.

MAKES 4-6 **PREP** 20 mins plus at least 4 hrs chilling **COOK** 10 mins **EASY V**

- 2½ tbsp cornflour
- 3 egg yolks (freeze the whites for another recipe)
- 500ml whole milk
- 300ml double cream
- 50g butter
- 125g light muscovado sugar
- grated dark chocolate, to serve (optional)

1 Whisk the cornflour and egg yolks together in a bowl or jug. Pour the milk and half the cream into a second jug and set both aside.

2 Melt the butter in a large saucepan over a low heat with the sugar for about 2-3 mins until the sugar has melted. Turn up the heat to medium and simmer for 1-2 mins to bring out the caramel flavours, being careful not to burn the sugar. Remove from the heat and gradually whisk in the cream mixture. Do this slowly and carefully, as the hot sugar mixture may spit a little.

3 Return to the heat and bring to a simmer, whisking continuously. Remove from the heat and spoon 3-5 tbsp into the egg yolk and cornflour mixture to loosen slightly, then tip it all into the saucepan and whisk everything together. Return to a medium heat, whisking until the mixture comes to a simmer and begins to thicken into a custard. Remove from the heat and pour into four or six serving glasses or ramekins, then chill for 4 hrs or overnight until set.

4 Just before serving, whisk the remaining 150ml cream to soft peaks using an electric whisk, and pipe or spoon over the puddings. Grate over some chocolate to serve, if you like.

GOOD TO KNOW gluten-free
PER SERVING 499 kcals • fat 39g • saturates 24g • carbs 31g • sugars 25g • protein 5g • salt 0.3g

tip
For a flavour boost, add ½ tsp vanilla extract or 2 tsp rum to the cream.

Kids and adults alike will love these tempting little puds

An elegant dessert-drink combo with a delicate rose flavour

Rose falooda

Try this drink-dessert fusion made with falooda, a bright pink rose syrup. You could also use any rose syrup plus pink food colouring.

MAKES 2-3 **PREP** 5 mins plus at least 1 hr chilling and 30 mins soaking **COOK** 17 mins **EASY** **V**

- 10g chia or basil seeds
- 20g falooda sev or corn vermicelli
- 5g rose syrup
- 800ml whole or plant milk
- 3 scoops of vanilla ice cream (optional)

For the jelly

- 20g rose syrup
- 30g caster or granulated sugar
- 1 tsp agar agar flakes

1 To make the rose jelly, warm 200ml water, the syrup and sugar in a pan over a medium heat until the sugar has dissolved and the mixture is steaming. Whisk in the agar agar to dissolve. Remove from the heat and cool fully. Pour into a non-stick container. Chill for at least 1 hr, or until set, then cut into small cubes.

2 Tip the chia or basil seeds into a small bowl and cover with 50ml water. Leave to soak for about 30 mins until they have swelled up.

3 Meanwhile, break the falooda sev into 1.5cm pieces, then cook in a pan of boiling water for 5 mins until soft. Drain and rinse under cold water. Set aside. Combine the syrup and milk in a jug. Chill until needed.

4 Spoon the jelly into tall glasses, with a few teaspoons each of the chia seeds and falooda sev. Top with ice cream, if you like, and pour over the rose milk. Serve with long spoons and straws.

GOOD TO KNOW calcium • gluten-free
PER SERVING 321 kcals • fat 12g • saturates 6g • carbs 43g • sugars 35g • fibre 2g • protein 10g • salt 0.3g

Cinnamon balls

These wonderfully squidgy, cinnamon-flavoured balls are just the thing to enjoy with your afternoon cuppa.

MAKES approx 20 **PREP** 15 mins
COOK 30 mins **EASY** **V**

- 2 egg whites
- 225g ground almonds
- 125g golden caster sugar
- 1½ tsp ground cinnamon
- ½ tsp vanilla bean paste
- icing sugar, for dusting

1 Heat the oven to 160C/140C fan/ gas 3 and line a large baking sheet with baking parchment. Whisk the egg whites to stiff peaks in a medium bowl. Mix in all the remaining ingredients, except the icing sugar, and a pinch of salt using a spatula until fully combined.

2 Roll the mixture into bite-sized balls using dampened hands so the mixture doesn't stick. Arrange on the prepared baking sheet, leaving space between each one. (They won't spread too much, but it's worth spacing them out.)

3 Bake for 20-30 mins, or until the balls start to brown a little. Keep a close eye on them and check halfway through baking. Dust with icing sugar while still warm, then leave to cool before serving. *Will keep in an airtight container for up to a week.*

GOOD TO KNOW gluten-free
PER SERVING 100 kcals • fat 6g • saturates 1g • carbs 7g • sugars 7g • fibre .1g • protein 3g • salt none

MODERN CLASSICS

Tuck into Katie Pix's nourishing, reimagined versions of our all-time favourite puddings

Whipped tofu tiramisu

My mother-in-law makes the best tiramisu. She is Italian, after all. I'm all for finding alternatives to make our favourite treats more 'good for us' but, in my book, a classic lady finger is simply essential to a tiramisu.

SERVES 4 **PREP** 30 mins plus at least 3 hrs chilling **NO COOK EASY V** ❄

2 tbsp instant coffee granules
175g silken tofu, drained
100g mascarpone
2 tbsp maple syrup
2 egg whites
100g lady/sponge fingers
1 tbsp unsweetened cocoa powder

1 In a wide dish, combine 175ml boiled water and coffee granules, stirring to dissolve. Set aside to cool.
2 Add the tofu, mascarpone, maple syrup and 2 tbsp of the strong coffee to a blender. Blitz until smooth, then pour into a bowl and set aside.
3 In a separate, medium bowl, whisk the egg whites with a pinch of salt until you get firm peaks. Take a heaped spoonful of the egg whites and stir into the mascarpone mixture to loosen. Add the remaining egg whites and fold gently until they have been fully incorporated.
4 Dip each of the lady fingers into the cooled coffee, giving them a chance to soak up the coffee but not turn too soggy. Layer into a serving dish until you've used half the lady fingers, then spread over half of the creamy filling. Repeat to use up the remaining lady fingers and creamy filling. Dust with a generous layer of cocoa powder (this is key to a great tiramisu!) then cover and chill for at least a few hours before serving. *Will keep chilled for up to two days. Or wrap in two layers and a layer of foil and keep frozen for up to three months. Thaw in the fridge overnight and eat within two days.*

tip

If you don't like the idea of raw egg whites, you can substitute 100ml aquafaba (the liquid from a can of chickpeas), whipped with ¼ tsp lemon juice or vinegar until you get firm peaks. Aquafaba takes longer to whip than egg whites, so just stick with it for a few minutes to get the right consistency.

Baked vanilla cheesecake

When I started driving as a teenager, I joined the growing convoy of cars that would drive to our local supermarket every lunchtime. On a Monday, I would purchase a New York vanilla cheesecake with a naive hope that I'd make it last to Friday, before proceeding to eat most of it.

SERVES 4 **PREP** 30 mins plus at least 30 mins chilling **COOK** 35 mins **EASY V** ❄ uncooked

For the crumble
6 rich tea biscuits
2 tbsp smooth almond butter
1 egg white
3½ tbsp rolled oats
butter or margarine, softened, for greasing
For the filling
1 egg, separated
100g 0% fat Greek-style yogurt
100g low-fat soft cheese
½ tsp cornflour
½ lemon, juiced
2 tsp vanilla bean paste
30g caster sugar

1 Heat the oven to 200C/180C fan/gas 6. To make the biscuit crumble, pop the biscuits in a bag and smash to pieces with a rolling pin. Mix the almond butter and egg white together in a small bowl, then tip in the biscuit crumbs and oats and stir to coat. Crumble onto a baking tray, spread out into an even layer and bake for 10-12 mins until darkened and smelling toasty, then remove from the oven and set aside.
2 Turn the oven down to 180C/160C fan/gas 4. To make the filling, whisk together the egg yolk, yogurt, soft cheese, cornflour, lemon juice and vanilla in a medium bowl until smooth. In a separate bowl, whisk the egg white and sugar until white, thick and fluffy. Gently fold the egg white into the yogurt mixture until fully combined, trying to keep as much air within the mixture as possible.
3 Grease four 125ml ramekins with a brush of softened butter and evenly decant the filling mixture into them.
4 We're going to cook this using a water bath. Grab a roasting dish, place your ramekins inside and pour boiling water into the dish to come halfway up the sides of the ramekins. Bake for 25-30 mins until just set but still wobbly in the middle when you give one a gentle shake. Remove from the water bath and leave to cool to room temperature before chilling in the fridge for at least 30 mins.
5 Sprinkle on the crumble and then grab a spoon and dive in. *Once cooked, these can be kept chilled for up to three days, but they will deflate and are better stored uncooked until you're ready. Chill for up to 24 hours before cooking from cold at 200C/180C fan/gas 6 for 40-45 mins. Or freeze, uncooked, for up to seven days and then cook from frozen for 55 mins.*

Baked strawberry doughnuts

Doughnuts are my biggest craving. But I don't need my doughnuts stuffed with six different types of chocolate and garnished with an edible theme park. I am a sucker for a classic jam-filled bun!

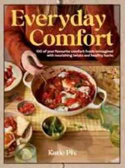
MAKES 8 large doughnuts **PREP** 30 mins plus at least 50 mins rising **COOK** 40 mins **MORE EFFORT** **V**

For the dough
- 170ml skimmed milk
- 15g unsalted butter
- 7g fast-action dried yeast
- 200g plain flour, plus extra for dusting
- 25g instant mashed potato flakes
- 1 tsp granulated or caster sugar
- ½ tsp baking powder
- ½ tsp fine salt
- 1 egg
- vegetable oil, for greasing

For the filling
- 350g fresh strawberries, hulled and roughly chopped
- 1 tbsp clear honey
- 1 tbsp lemon juice

To coat
- 30g unsalted butter, melted
- 60g granulated or caster sugar

1 To make the dough, tip the milk and butter into a small saucepan, place over a low heat and warm until the butter is almost fully melted. Remove from the heat and set aside, so the butter can finish melting and the milk cools to lukewarm. Once lukewarm, stir in the yeast. Set aside for 5 mins.
2 In the bowl of a stand mixer fitted with the dough hook, mix the flour, potato flakes, sugar, baking powder and salt.
3 Pour the yeast mixture into the bowl with the flour mixture, then add the egg. Mix on a slow speed to get a rough dough, then rest for 15 mins. Turn the mixer to medium speed for 10-15 mins until the dough is stretchy, smooth and pulling away from the sides of the bowl.
4 Drizzle some oil over the dough and scrape down the sides of the bowl, flipping the dough so it's coated. Cover with a damp tea towel and set aside somewhere warm for 30-45 mins, until doubled in volume. You can tell if the dough is ready with the 'poke test' – gently poke the dough with your fingertip: an impression should be left that slowly springs back. If the dough springs back quickly, it needs more time.
5 Meanwhile, make the jam filling. Combine the strawberries, honey and lemon juice in a small saucepan. Cook over a low heat for 7-10 mins, stirring often, and mashing the strawberries with the back of a spoon. The jam is ready when it is deep red, glossy and thick. Leave to cool completely.
6 Dust a clean worksurface with flour and scrape the dough onto it, dusting the top with flour. Roll into a log and divide into eight equal pieces. With flour-dusted hands, shape each piece into a ball and place on a lightly greased baking tray. Rub a little oil over each bun and cover the tray with a damp, clean tea towel, then set aside somewhere warm for 20-30 mins to rise until puffy; use the poke test to tell if they're ready.
7 Meanwhile, heat the oven to 200C/180C fan/gas 6. Uncover and bake the doughnuts for 8-12 mins, rotating the tray halfway, until golden brown. Remove from the oven and wrap in a clean tea towel for 5 mins to soften the crusts.
8 Brush the doughnuts with the melted butter. Pour the sugar into a bowl and roll the doughnuts in the sugar. Cut a slit in the side of each doughnut and spoon in some jam. Or poke a hole into each doughnut with the handle of a wooden spoon and add the jam using a piping bag. Serve immediately.



Recipes extracted from *Everyday Comfort* by Katie Pix (£25, Quadrille). Photographs © Izy Hossack. Recipes are not retested by us.

Potato flakes add moisture, so you don't have to fry the doughnuts

Chickpea cookie dough

You don't visit granny and grandpa's without raiding the biscuit tin. Whether a Hobnob, a Lotus biscuit or a custard cream, a biscuit is always the perfect companion to a cuppa and a catch-up. But what beats a chocolate chip cookie? The cookie dough, of course! This sounds obscure, but I promise you'll achieve that same satisfying scoop of batter-like badness – but it's full of good things! Better yet, this cookie dough also makes actual baked cookies to dunk in your cuppa at the oldies.

MAKES 480g cookie dough (or 22 small cookies) **PREP** 10 mins **COOK** 5 mins **EASY** **V** ❄

- 400g can chickpeas
- 4 dates, pitted
- 60g smooth almond butter
- 1 tsp vanilla bean paste
- 2 tbsp clear honey or dark brown sugar
- 100g dark chocolate chips (minimum 70% cocoa solids)

1 Tip the chickpeas and the liquid from their can into a small saucepan and add the dates. Bring to a simmer over a medium-low heat and cook for 5 mins until the chickpeas soften.

2 Drain the chickpeas and dates, reserving 60ml of the cooking liquid, and add to a food processor along with the almond butter, vanilla bean paste, honey (or sugar), pinch of salt and the reserved cooking liquid. Blitz until you have a really smooth dough – you'll need to pause and scrape the sides as you go, to make sure that everything is incorporated.

3 Once smooth, fold in the chocolate chips and you're all done. All you need now is a spoon and a little bit of self-restraint to not eat the whole lot!

The uncooked cookie dough will keep chilled in an airtight container for up to three days, or frozen in an airtight container for up to three months. Leave to thaw in the fridge for at least 12 hours before eating.

……

Chickpea cookies

To make cookies using the dough from the recipe above, simply add **$^1/_2$ tsp bicarbonate of soda** to the food processor along with the other ingredients. Drop heaped teaspoons of dough onto a lined baking tray with a reasonable gap between each one. Flatten slightly (wet your fingertips to prevent sticking) and bake in the oven at 200C/180C fan/gas 6 for 7-10 mins. Leave to cool for 15 mins before tucking in. *If you want to freeze the dough to make cookies and you've added the bicarbonate of soda, simply roll into balls and freeze, then bake from frozen for 8-10 mins at the same oven temperatures.*

gF recipes always work

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Trusted recipes from the Good Food test kitchen

gF make our cover recipe

Hiya-yakko (cool tofu scramble bento), p30

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● Vegan

Get the most from our recipes

Good Food is the UK's No 1 food lifestyle media brand. We're passionate about food and cooking. While recipes are our focus, we're committed to helping you have the best food experience you can. We take food seriously, but also believe it's a pleasure to be enjoyed, whether cooking for the family or trying new recipes. We would love you to share your efforts with us on social media.

Cook with confidence

All the recipes are tested thoroughly, so they'll work first time for you at home. Most are developed in our test kitchen by our cookery team. No matter who writes the original recipe, each one is thoroughly tested. Your time and money are precious, so we want to guarantee you a perfect result every time.

- Always read the recipe before starting, and use standard measuring spoons for accuracy.
- If egg size is important, we'll state it in the recipe.

Vegetarian and vegan recipes

Recipes that are labelled as vegetarian or vegan assume that you are using vegetarian or vegan ingredients. Always check the labels, especially for cheese, sugars, vinegars, stock cubes, spreads and sauces. You'll find vegetarian hard cheese in most supermarket economy ranges.

What our labels mean

EASY Simple recipes everyone can make, even beginners.
MORE EFFORT These require a bit more skill.
A CHALLENGE More complex recipes for skilled home cooks.
V Suitable for vegetarians (see above).
If we say you can freeze a recipe (❄), freeze for up to three months unless otherwise stated. Defrost thoroughly.

Helping you eat well

Our BANT-registered nutritionist analyses our recipes on a per serving basis, not including optional suggestions. You can compare these amounts with the Reference Intake (RI), the official amount an adult should consume daily: Energy 2,000 kcals, Fat 70g, Saturates 20g, Carbohydrates 260g, Sugars 90g, Protein 50g, Salt 6g (please note, RIs for total fat, saturates, sugar and salt are the maximum daily amounts).

We do not nutritionally analyse book extracts, and some recipes may not state salt and sugar content.

Mood boost

Rich hot chocolate with a chilli kick makes for the ultimate feel-good drink

Chilli-spiked hot chocolate

Pair chocolate and chillies to release endorphins for the perfect happiness-inducing drink. Thick and luxurious – it's an ideal treat on a cold winter's day.

SERVES 2 PREP 2 mins
COOK 5 mins EASY V

300ml milk
1 red chilli, halved lengthways, seeds left in
2 tbsp malt drink powder
40g 85% dark chocolate, broken into small pieces
1 tsp caster sugar
ground cinnamon, to taste

1 Heat the milk and chilli in a small non-stick pan over a low heat until beginning to bubble. Take off the heat and taste. If you prefer more of a chilli kick, leave to infuse for 10 mins.

2. Warm over a low heat again if the milk has been left to stand, then stir in the malt powder, chocolate pieces and sugar along with a pinch or two of cinnamon to taste. Stir using a wooden spoon to fully melt and incorporate the chocolate into the milk. Remove and discard the chilli, then pour and serve straightaway with another sprinkling of cinnamon on top, if you like.

GOOD TO KNOW calcium
PER SERVING 236 kcals • fat 11g • saturates 7g • carbs 24g • sugars 17g • fibre 3g • protein 8g • salt 0.3g

Add a touch of rum if you want to make it even more luxurious

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★★★★★

Claire”

Dr Chintal Patel's healthy family meal plan

By Katie Meston • January 2, 2024 • 1 min read

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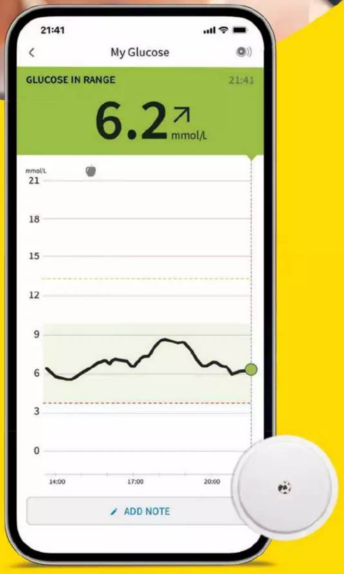

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My Glucose
GLUCOSE IN RANGE
21:41
6.2 ↗
mmol/L
mmol/L
21
18
15
12
9
6
3
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